

ENCYCLOPEDIA OF DIET

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A Treatise on the Food Question

IN FIVE VOLUMES

EXPLAINING, IN PLAIN LANGUAGE, THE
CHEMISTRY OF FOOD AND THE CHEMISTRY OF
THE HUMAN BODY, TOGETHER WITH THE ART OF
UNITING THESE TWO BRANCHES OF SCIENCE IN THE
PROCESS OF EATING SO AS TO ESTABLISH NORMAL
DIGESTION AND ASSIMILATION OF FOOD AND
NORMAL ELIMINATION OF WASTE, THEREBY
REMOVING THE CAUSES OF STOMACH,
INTESTINAL, AND ALL OTHER
DIGESTIVE DISORDERS

BY

EUGENE CHRISTIAN, F. S. D.

VOLUME IV

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LESSON XV

CURATIVE

AND

REMEDIAL MENUS

CONCLUDED

SPRING MENU

*LOW VITALITY—UNDERWEIGHT
WEAK DIGESTION*

Take a cool sponge or a shower bath, a few minutes' vigorous exercise, and a cup of hot water just after rising.

BREAKFAST

Strained orange juice, diluted—one-half water

One egg whipped five or six minutes with a rotary egg beater, to which add a spoonful of sugar, a flavor of pineapple juice, and a glass of milk

Half-cup of wheat bran, cooked, and a spoonful or two of steamed wheat

LUNCHEON

Three eggs prepared as for breakfast, adding two glasses of milk. Drink slowly

DINNER

A two-egg omelet rolled in cream and grated nuts

Puree of peas or beans

A small baked potato

Take sufficient wheat bran night and morning to keep the bowels in normal action.

SUMMER MENU

*LOW VITALITY—UNDERWEIGHT**WEAK DIGESTION*

A very ripe peach or plum, a cup of cool water, exercise and deep breathing on rising.

BREAKFAST

Cantaloup, peaches, cherries, or any very ripe sweet fruit

Buttermilk or egg, prepared choice

A baked sweet potato

LUNCHEON

Three glasses of milk, taking one-half glass every five or six minutes

A small portion of wheat bran, cooked

DINNER

A green salad

An ear of tender corn

One or two fresh vegetables such as onions, beans, spinach, beets

FALL MENU

***LOW VITALITY—UNDERWEIGHT
WEAK DIGESTION***

BREAKFAST

A small portion of wheat bran, well cooked

A cup of warm milk

One egg, whipped very fine, to which add a very little sugar and lemon juice. Take this uncooked

A few baked chestnuts eaten with butter

LUNCHEON

String beans or carrots—masticate very thoroughly

A large Spanish onion, boiled

A baked potato

Wheat bran

DINNER

Choice of tender fish or chicken

A portion of spinach

A baked potato

Onions, en casserole

A small portion of wheat bran

WINTER MENU

*LOW VITALITY—UNDERWEIGHT**WEAK DIGESTION*

FIRST DAY: Drink two glasses of water immediately after rising. Eat one-fourth pound of grapes or some juicy fruit. Devote from three to four minutes to deep breathing exercises.

BREAKFAST

(Half hour later)

Whole wheat, cooked; serve with cream or butter

A baked sweet potato

A cup of milk

A small portion of wheat bran eaten with thin cream

LUNCHEON

A large, boiled Spanish or Bermuda onion

A small portion of carrots, thoroughly cooked

A spoonful or two of wheat bran

DINNER

A cream soup made from celery or onions

Rice made into a thick purée, or a baked potato,
carrots, onions, or turnips

A spoonful or two of wheat bran

Just before retiring, take a spoonful or two of wheat bran, uncooked, in a little water, and devote as much time as possible to deep breathing exercises.

From one to two glasses of water should be drunk at each of the above meals. It may be taken hot if preferred. If something hot is desired, as a beverage, take a cup of sassafras tea with a little cream and sugar.

SECOND DAY: The same as the first.

THIRD DAY: The same as the second, slightly increasing the quantity of food if demanded by normal hunger.

FOURTH DAY: Exercises, water-drinking, and fruit as prescribed for the first day.

BREAKFAST

Two extremely ripe bananas, eaten with thin cream and nut butter or nuts masticated very fine. (They should be baked if not exceedingly ripe)

A cup of sassafras tea or chocolate

LUNCHEON

Three glasses of buttermilk

Two beaten egg whites with three teaspoonfuls of sugar

A tablespoonful of wheat bran

DINNER

A portion of boiled onions and tender carrots, cooked until very soft

Two baked white potatoes eaten with a little butter

Two egg whites prepared any way they are most appetizing

A cup of water, hot or cold

FIFTH DAY: The same as the fourth.

SIXTH DAY: The same as the first, repeating the menus for a week or two.

Such vegetables as sweet potatoes, parsnips, baked beans and pumpkin may be added as digestion and assimilation improve.

For recipe for baked bananas, see p. 677; for cooking vegetables, see p. 670.

MENUS FOR OBESITY

SPRING MENU

OBESITY—IRREGULAR HEART ACTION
NERVOUSNESS

Fruit-juice, a glass of water, and ten minutes devoted to vigorous exercise and deep breathing just after rising.

BREAKFAST

Choice of fruit

A cup of hot water

Two or three exceedingly ripe bananas (red variety preferred), eaten with raisins, nuts, and cream

LUNCHEON

A portion of fresh fish and a new baked potato

DINNER

A green salad with dressing and nuts

Peas or asparagus

A rare omelet with a dash of grated nuts

A bit of crisp corn bread or a bran meal gem

Most people afflicted with obesity are also afflicted with abnormal appetite, therefore at the outset they may undergo some deprivation, but if this is not yielded to, hunger will soon become normal.

The appetite for an excessive quantity of food is very much like the appetite for coffee, intoxicants, or tobacco, and when the appetite once becomes abnormal and is not held under control, either obesity or chronic autointoxication will be the result.

Luncheon should be omitted unless very hungry.

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SUMMER MENU

OBESITY—IRREGULAR HEART ACTION
NERVOUSNESS

BREAKFAST

Melon, peaches, or berries
Tender fish, broiled
A new potato or a bran muffin

LUNCHEON

Corn or beans
A salad—lettuce or celery

DINNER

A light soup—vegetable
Eggplant, okra, beans, or squash
Bran gems or a potato
Nuts, with a lettuce salad

FALL MENU

OBESITY—IRREGULAR HEART ACTION
NERVOUSNESS

FIRST DAY: Immediately on rising, drink a cup of hot water, followed by a cup of cool water. Devote as much time as possible (from three to ten minutes) to such exercises as can be endured. (See Vol. V, pp. 1343 to 1346.) Inflate lungs to their utmost capacity every third or fourth movement.

Secure a spirometer and increase the lung capacity until it registers about two hundred and fifty cubic inches. This is exceedingly important.

BREAKFAST

A cantaloup or soaked, evaporated peaches
Baked chestnuts
Bananas with cream
Bran meal gems

LUNCHEON

A salad
Carrots, squash, beets, parsnips, or turnips
A potato or lima beans

SUPPLEMENTARY LUNCHEON

(To be taken in office)

Two exceedingly ripe bananas, with nut butter and raisins

Two glasses of water

(Or the following at a restaurant or cafe)

Choice of the following vegetables—boiled onions, carrots, parsnips, squash, or tender corn

A baked potato

A glass of water

DINNER

Choice of two vegetables from the selection given for luncheon

A green salad

A baked sweet or a white potato

Two egg whites and one yolk very lightly poached

Two glasses of water

Devote about ten minutes to exercising and deep breathing just before retiring.

SECOND DAY: The same as the first, slightly increasing or decreasing the quantity of food according to normal hunger.

It will probably be necessary to draw a very sharp distinction between appetite and hunger. (See Spring Menu, "No Appetite," p. 1081.)

THIRD DAY: The same as the first, if entirely agreeable.

If the bowels should become too lax, a small portion of rice, cooked in milk, might be taken with both the morning and the evening meal, omitting a similar quantity of other foods.

FOURTH DAY:**BREAKFAST**

Two eggs, whipped from five to eight minutes,
into which whip a rounded teaspoonful of sugar,
and a dessert-spoonful of lemon juice

Half a glass of water

LUNCHEON

A vegetable salad, with a few nuts

A baked sweet potato

(These two articles should compose the entire meal)

DINNER

Spinach (cooked), or a salad of lettuce and celery with English walnuts, masticated infinitely fine

Choice of one or two fresh vegetables, including a small, baked white potato

FIFTH DAY: The same as the fourth.

SIXTH DAY: The same as the first, repeating the diet for about two weeks.

WINTER MENU

*OBESITY—IRREGULAR HEART ACTION
NERVOUSNESS*

FIRST DAY: Immediately after rising, drink a glass of cool water, and the juice of a sweet orange. Devote as much time as possible (five to ten minutes) to vigorous exercises.

BREAKFAST

A cup of hot water

One banana

Two egg whites and one yolk very lightly poached

A small, baked white potato, with butter; eat skins and all

A small portion of wheat bran cooked five minutes

NOTE: If the quantity seems insufficient, a corn-meal muffin may be eaten.

LUNCHEON

Boiled onions, carrots, or turnips

A baked potato—eat skins and all

One egg boiled two minutes

DINNER

Celery, endive, or lettuce, with nuts or a simple dressing

Turnips, carrots, spinach, boiled onions—any two of these

A baked white potato, served hot with butter and salt

A portion of wheat bran cooked five minutes

A portion of gelatin, with thin cream

Just before retiring, devote from three to five minutes to exercising. Drink a glass of water, take a spoonful or two of wheat bran, and either a few California grapes or the juice of an orange.

SECOND DAY: The same as the first, slightly varying the meals by choosing different vegetables from the following selections:

Beans

Beets

Cabbage

Carrots

Onions

Parsnips

Potatoes

Pumpkin

Spinach

Squash

Turnips

THIRD DAY: The same as the second, adding one very ripe banana, eaten with

thin cream and raisins, to the morning meal, and a few nuts, if desired.

Banana, nut butter, raisins, and cream make a delicious combination. The entire breakfast could be made of these with good results.

FOURTH DAY: Exercise, water-drinking, and deep breathing just before retiring and just after rising, as prescribed for the first day.

BREAKFAST

A few Malaga grapes or a sweet orange

Two exceedingly ripe bananas, eaten with thin cream and nut butter

A cup of junket, or a small portion of gelatin with a very little sugar and thin cream

One egg prepared as per recipe in "Introduction to Menus" if the appetite will accept it.

(See p. 678.)

LUNCHEON

A green salad

A small portion of fish or chicken

A baked potato

A cup of hot water

DINNER

One or two fresh vegetables—choice

A glass of buttermilk with a small piece of corn bread

A small portion of gelatin with thin cream

If the bowels are not normal, a portion of wheat bran should be taken at the morning and the evening meal.

Both digestion and assimilation of food can be largely increased by daily taking

exercise No. 3 (see Vol. V, p. 1344), vigorously, for ten or fifteen minutes just after rising and just before retiring.

FIFTH DAY: Same as the fourth, slightly increasing or decreasing the quantity of food according to hunger.

SIXTH DAY: Same as the first, repeating, for a period of two or three weeks, the menus as given, varying the meals by choosing different vegetables in the same class as those prescribed.

SPRING MENU

*ABNORMAL APPETITE**OBESITY—DROWSINESS*

MENU I

MENU II

BREAKFAST

The juice of a sweet orange,
or a dish of very ripe
berries, with sugar only
Two very ripe bananas
eaten with thin cream,
dates, and nuts, masti-
cated exceedingly fine
Two glasses of water or a
cup of thin cocoa

Fruit—choice
One whole egg
A bran meal gem or a small
portion of corn bread
One extremely ripe banana
with figs, thin cream, and
nuts

LUNCHEON

A lettuce and tomato salad,
with nuts
One vegetable—fresh peas,
beans, spinach, or onions
One very small, baked
potato
One glass of water

One very ripe banana
A spoonful or two of nuts
One or two figs, or two
dates
One glass of water

DINNER

A salad of lettuce and to- matoes	A salad
Choice of two vegetables— asparagus, beans, beets, onions, peas	Asparagus, or peas cooked and served in the pod
A small, baked potato	A baked white potato
A very small portion of fish, or white meat of chicken	

Menus No. 1 are slightly heavier than Menus No. 2. Choice may be exercised between them, according to hunger, or according to activity or amount of work done.

One glass of water should be drunk at each of the dinner meals.

Two or three tablespoonfuls of wheat bran should be taken twice a week with both the morning and the evening meal. The bran should be cooked five minutes, and eaten with a spoonful of cream.

SUMMER MENU

*ABNORMAL APPETITE**OBESITY—DROWSINESS*

MENU I

MENU II

BREAKFAST

A cantaloup
One exceedingly ripe red
banana, eaten with nut
butter; masticate very
fine

Three egg whites and one
yolk, poached lightly,
eaten with corn or a
small potato

Two or three very ripe
peaches with sugar and
cream

A cantaloup
Bran gems or whole wheat

LUNCHEON

A lettuce and tomato salad,
eaten with nuts
Carrots, peas, or beans

Two glasses of buttermilk
Onions, en casserole

DINNER

A very small portion of
fresh fish
A small, baked potato
Green corn
Spinach and corn, cooked

Two ears of tender corn
An egg, with cooked spin-
ach, or a small portion
of green salad

From one to two glasses of water should be drunk at each of these meals.

The accumulation of gas after meals can be largely controlled by extreme mastication, very slow, deliberate eating, and copious water-drinking at meals.

If constipated, take, immediately on rising and just before retiring, a half pound of grapes, swallowing the skins, seeds and pulp. Do not masticate the seeds or pulp. If preferred, half a cup of coarse wheat bran may be taken twice daily instead of grapes.

If the bowels should become slightly lax, the seeds of the grapes should be omitted at night.

Health is Nature's gift to the young; after that, it is a thing that must be earned.

FALL MENU

*ABNORMAL APPETITE**OBESITY—DROWSINESS*

FIRST DAY:

BREAKFAST

One glass of water

A melon

Two or three extremely ripe peaches

Three egg whites, poached very lightly

A bran meal gem

One exceedingly ripe red banana (must be black spotted), with nut butter and thin cream

LUNCHEON

One egg, whipped, mixed with a large glass of milk (A half hour later, eat two or three exceedingly ripe peaches)

DINNER

Half a glass of water

Half a cantaloup

A lettuce and tomato salad

Two medium ears of tender corn

A small portion of tender fish

NOTE: I would advise a spirometer for measuring the capacity of the lungs. The normal lung capacity for a man 5 feet 7 to 10 inches in height should be about 300 cubic inches, and for a woman 5 feet 3 inches, 180 to 200 cubic inches. The ability to use surplus food, which the appetite will continue to demand for some time, will depend upon the amount of exercise and deep breathing taken, and the consequent lung capacity.

SECOND DAY: Same as the first, slightly increasing the quantity of food taken at each meal, if demanded by **NORMAL HUNGER**.

THIRD DAY:**BREAKFAST**

- One glass of water
- Choice of melon, peaches, or plums
- An exceedingly ripe banana, eaten with thin cream
- One whole egg, or a small piece of broiled fish
- A very small baked potato—sweet or white

LUNCHEON

- One or two glasses of buttermilk
- An ear of corn

DINNER

- One glass of water
- A small ear of tender corn—boiled
- Choice of fresh green beans or tender lima beans
- Spinach, or a salad or anything green
- A very small portion of broiled fish (If preferred, chicken may be eaten at this meal)
- A baked potato

Just before retiring, eat a few peaches or some grapes.

If sleepy or drowsy after meals, devote from one to two minutes to exercises

Nos. 3 and 5 (see Vol. V, pp. 1344 and 1345), together with deep breathing, before an open window or in the fresh air.

FOURTH DAY: Same as the third.

FIFTH DAY: Same as the first, repeating these menus for about thirty days, making such variations in vegetables and fruits as demanded by normal hunger.

These menus will seem insufficient in quantity measured by appetite, but appetite, which comes from irritation of the mucous surface of the stomach, is not a safe guide.

See menus for "No Appetite," p. 1081.

The greatest difficulty will be experienced the first week. After that, nature will begin her process of adjustment, and the patient will begin to reduce in weight and gain in strength; sleep will become more restful and the sleepy and drowsy feeling after meals will gradually disappear.

The following natural laws should be rigidly observed:

- 1 Limit the quantity of food to the actual needs of the body
- 2 Thorough and complete mastication
- 3 An abundance of deep breathing
- 4 A given amount of vigorous exercise every day

WINTER MENU

ABNORMAL APPETITE
OBESITY—DROWSINESS

MENU I

MENU II

BREAKFAST

Bananas, very ripe, baked,
eaten with thin cream
A spoonful or two of wheat
bran
One egg, whipped, to which
add a very little sugar
and a few drops of lemon
juice

Boiled wheat, eaten with
thin cream
A spoonful of nuts, with
anything green in the
way of a salad—celery,
lettuce, or romaine
(Anything green may
be taken with Menu
I—breakfast)

A cup of hot water, chocolate, cocoa,
or sassafras tea may be taken after either
one of these meals.

LUNCHEON

Carrots, squash, pumpkin,
beets, or turnips
Sweet or white potatoes

Same selections as Menu I
(luncheon); select one
vegetable, or omit vege-
tables entirely, and take
two eggs, whipped with
a little sugar and lemon
juice; add a glass or two
of milk

DINNER

- | | |
|---|---|
| A bit of anything green—
celery, spinach, or lettuce
eaten with oil, salt and
nuts | One or two of the same
vegetables as in Menu I
(dinner) |
| Choice of any fresh vegetable named for luncheon | Anything green, as a salad |
| A baked sweet or a white
potato | One egg, or a bit of fish, if
desired |
| A few nuts, and one extremely ripe banana as a
dessert | |

For recipe for baked bananas and whipped eggs, see pp. 677 and 678, Vol. III.

SPRING MENU

*FOR DECREASING WEIGHT AND
INCREASING STRENGTH*

BREAKFAST

Whole wheat, thoroughly cooked
Two bananas, baked, if not very ripe; serve
with cream and either nut butter or nuts

LUNCHEON

Baked beans, with sauce of olive-oil, lemon
juice and sugar
A cup of chocolate

DINNER

A green salad
Smelts, or any young or tender fish
A potato
An onion
Gelatin, with fruit

Vigorous exercise and deep breathing are very necessary both in decreasing weight and increasing strength. At least three hours daily should be spent in the open air, and the lungs should be filled to their utmost capacity.

The bowels should be kept in normal condition.

(See Menus for Constipation.)

SUMMER MENU

*FOR DECREASING WEIGHT AND
INCREASING STRENGTH*

BREAKFAST

Cherries, berries, cantaloup, or melon

A red banana, with nuts

One or two eggs, whipped—dash of sugar;
flavor with lemon or pineapple juice

LUNCHEON

Green beans, with onion

Corn or a potato

DINNER

Celery or shredded cabbage, with nuts and oil

Sweet potatoes—butter

Corn

Melon

A glass of water or thin cocoa may be
taken at each of the above meals.

FALL MENU

*FOR DECREASING WEIGHT AND
INCREASING STRENGTH*

BREAKFAST

- A cantaloup
- A banana, with raisins, cream, and nuts
- An egg, cooked two minutes
- A bran gem or a whole wheat cracker, or whole wheat bread

LUNCHEON

- A pint of junket or two glasses of buttermilk

DINNER

- A green salad, with oil and nuts
- A rare omelet, rolled in scraped corn
- A potato—sweet or white
- A cantaloup

WINTER MENU

*FOR DECREASING WEIGHT AND
INCREASING STRENGTH*

Immediately on rising devote five minutes to exercises and deep breathing.

BREAKFAST

Wheat bran and flaked wheat, cooked together;
use a liberal service of cream
A cup of cocoa

LUNCHEON

Spinach, with egg white
A bran gem or a whole wheat muffin
A vegetable or fruit salad, with oil and nuts

DINNER

Boiled onions, parsnips, or carrots—any two of these
A baked potato
A very small portion of fish or white meat of chicken
A cup of hot water

MENUS FOR NEURASTHENIA

SPRING MENU

NEURASTHENIA

BREAKFAST

Three or four egg whites, whipped and mixed
with a pint of rich milk

Bran meal gems

LUNCHEON

Onions, en casserole

A potato

DINNER

Peas or asparagus

A morsel of dried herring and an onion, un-
cooked

Bran meal gems or a potato

Cheese, raisins, and nuts

SUMMER MENU

NEURASTHENIA

BREAKFAST

Cantaloup, peaches, plums, or berries—no
sugar

Whole wheat, boiled

Half a cup of wheat bran, with cream

LUNCHEON

Spinach or turnip-tops

Onions, uncooked, and a bit of dried fish

A potato

DINNER

Lettuce or celery, with nuts

Fish

Vegetable soup

Squash, carrots, or onions

A potato

FALL MENU
NEURASTHENIA

BREAKFAST

Cantaloup or peaches
Baked bananas, with cream
One egg, boiled two minutes
A bran meal gem

LUNCHEON

Two glasses of buttermilk
A muffin—graham or gluten

DINNER

Vegetable soup
Celery or lettuce, with nuts
Turnips, carrots, okra, cauliflower—choice
A bran meal gem
A sweet potato

WINTER MENU

NEURASTHENIA

BREAKFAST

Prunes or a very ripe banana
Nuts, with raisins and cream
A sweet potato

LUNCHEON

An onion, uncooked, and a very small portion
of dried fish
A bran gem
Cocoa

DINNER

Celery or slaw
Nuts
Cabbage, cauliflower, or Brussels sprouts
Carrots, parsnips, or onions
Baked beans or a potato

The person afflicted with neurasthenia should omit all beverages, except water, which should be drunk only at meals. By all means avoid overeating.

MENUS FOR MALNUTRITION**SPRING MENU***MALNUTRITION*

Menus for the treatment of malnutrition should be limited in quantity, and composed of the most soluble and readily digestible articles that will afford the required elements of nourishment.

BREAKFAST

Very ripe berries, without sugar and cream

Two or three egg whites, whipped, and mixed with a pint of skimmed milk

Two heaping tablespoonfuls of wheat bran, cooked, and served with a little cream

LUNCHEON

A raw Spanish onion, with a bit of dried fish

A baked potato—eat skins and all

Bran meal gems, with butter

DINNER

Lettuce or young onions

Peas or asparagus

Spinach or turnip-greens, with yolk of egg

A baked potato

A tablespoonful of wheat bran, cooked

SUMMER MENU

MALNUTRITION

BREAKFAST

Melon, peaches, or berries

Two very large, ripe bananas, baked; serve
with cream (See recipe, page 677)

A glass of milk

LUNCHEON

Spinach or turnip-greens, with egg yolk

Bran meal gems or corn bread

A bit of onion, uncooked

DINNER

A light vegetable soup

String beans, fresh peas, tender corn—any two
of these

A potato or lima beans

Gelatin (lemon or vanilla), if something sweet
is desired

FALL MENU
MALNUTRITION

BREAKFAST

Cantaloup or peaches
One or two bran meal gems or a corn muffin
A glass or two of rich milk

LUNCHEON

Celery or lettuce, with either nuts or oil
Tender corn or lima beans
A potato—sweet or white

DINNER

Vegetable or cream soup
Celery, with ripe olives and nuts
Carrots, and either onions or squash (These
should be cooked in a casserole dish; see page 671)
Bran meal gems or a potato

WINTER MENU

MALNUTRITION

BREAKFAST

Strained orange juice—half water

Whole wheat, boiled, and served with butter
(omit cream)

LUNCHEON

Three to four glasses of rich milk

Two or three tablespoonfuls of wheat bran

DINNER

Celery or vegetable salad, with nuts and oil

Turnips, carrots, winter squash, or onions;
preferably en casserole

A bit of very tender fish or white meat of
chicken

A potato or a corn muffin

For cooking en casserole, see p. 671,
Vol. III.

MENUS FOR ANEMIA**SPRING MENU****FOR A YOUTH**

*ANEMIA—MALASSIMILATION—
UNDERWEIGHT—NO APPETITE*

The following menus should be carefully adhered to for two or three days, or until normal hunger is produced:

BREAKFAST

Prunes or dried peaches
Bananas, nuts, or nut butter
A pint of rich milk

LUNCHEON

A light vegetable, such as boiled onions, peas,
or new potatoes
A glass or two of milk

DINNER

Two eggs, coddled
A baked white potato

SPRING MENU

FOR A YOUTH

*ANEMIA—MALASSIMILATION—**UNDERWEIGHT—NO APPETITE*

When good digestion and normal hunger are restored, the following menus should be given:

BREAKFAST

Farina, rice, or corn hominy, with butter and
a very little sugar

Fresh milk—one or two glasses

LUNCHEON

Baked potatoes

Milk

DINNER

Peas or beans, creamed onions

A potato

Rice or corn bread

Gelatin or boiled custard

Vigorous exercise and outdoor sport
should be encouraged.

SUMMER MENU

FOR A YOUTH

ANEMIA—MALASSIMILATION—

UNDERWEIGHT—NO APPETITE

BREAKFAST

Cantaloup, peaches, or plums

A very rare omelet or a coddled egg

A corn-meal gem

Milk

LUNCHEON

Milk or buttermilk—buttermilk preferred

A bran gem or a whole wheat gem

DINNER

One or two vegetables

Rice or corn

Milk

A cantaloup

Drink an abundance of water.
Spend all the time possible out of doors.

FALL MENU
FOR A YOUTH

*ANEMIA—MALASSIMILATION—
UNDERWEIGHT—NO APPETITE*

Choice of the following:

MENU I

MENU II

BREAKFAST

Two or three egg whites,
whipped three or four
minutes, into which whip
a teaspoonful each of
olive-oil and lemon juice,
and a heaping teaspoon-
ful of sugar. Add a cup
of rich milk

One exceedingly ripe ba-
nana, eaten with nut
butter, cream, and figs
or dates
A glass or two of milk

LUNCHEON

Turnips, carrots, parsnips,
squash—any two of these
A bit of whole wheat bread
or a baked potato
Milk

Boiled onions
A bit of tender fish or an
egg. (The egg might be
whipped as for morning)
A baked potato—sweet or
white
Milk

DINNER

- | | |
|---|--|
| Choice of one vegetable (see luncheon) | An egg, or clabbered milk, with a little sugar |
| One egg whipped, or a glass of milk. (Both, if the appetite will accept them) | A baked potato |
| A baked potato—sweet or white | One fresh vegetable |

It would be preferable to make the entire meal (dinner) upon whipped eggs, if they appeal to the taste.

For "Choice of Menus," see p. 683, Vol. III.

WINTER MENU
FOR THE YOUTH

*ANEMIA—MALASSIMILATION—
UNDERWEIGHT—NO APPETITE*

BREAKFAST

A cup of chocolate or cocoa, or warm milk
Steamed wheat, farina, or corn hominy

LUNCHEON

Vegetable soup
Fish or a potato
Milk

DINNER

One fresh vegetable
A potato
Chicken or fish
Ice-cream—very little

For primary causes of Anemia, see Lesson I, "Chart showing different diseases caused by Superacidity," p. 9.

MENUS FOR LOCOMOTOR ATAXIA

SPRING MENU

LOCOMOTOR ATAXIA

BREAKFAST

Three egg whites and one yolk, whipped, mixed
with a pint of rich milk

Two or three tablespoonfuls of wheat bran,
cooked, and served with thin cream

LUNCHEON

Plain wheat, boiled thoroughly, eaten with
Pignolia (pine) nuts

DINNER

Fresh peas or baked beans

Buttermilk

Cheese, nuts, and raisins

Wheat bran

SUMMER MENU

LOCOMOTOR ATAXIA

BREAKFAST

Melon or peaches—no sugar
Three or four glasses of fresh milk
A corn muffin
Wheat bran

LUNCHEON

Fresh corn, peas, or beans
Milk; two to four glasses
Bran

DINNER

Shelled peas or beans
A potato
Fish, eggs, or buttermilk
Bran

FALL MENU
LOCOMOTOR ATAXIA

BREAKFAST

A pint of clabbered milk, with a sprinkle of
sugar

Corn hominy or corn bread

LUNCHEON

Fish, chicken, or turkey

A potato

Cheese and nuts

DINNER

Celery with nuts

Two or three glasses of milk; buttermilk
preferred

A potato

Bran

Raisins, cheese, and nuts

WINTER MENU
LOCOMOTOR ATAXIA

BREAKFAST

California grapes or prunes
Two eggs, whipped, and mixed with two or three
glasses of milk
Bran meal gems

LUNCHEON

Celery with nuts
Turnips, carrots, or parsnips
A baked potato

DINNER

Boiled plain wheat or corn bread
Fish, chicken, or two or three glasses of milk
(Wheat bran, if milk is taken)

COLDS

A cold, in its last analysis, is merely a form of congestion throughout the capillary vessels of the body. It

Cause 1 may have been caused by exposure—a draft of cold air blowing upon some exposed part of the body, in which case Nature closes the pores of the skin in self-defense. The poisons that are constantly being eliminated through the pores are thus prevented from escaping through these channels, and are picked up by the circulation, and carried to the lungs to be burned with oxygen. The lung capacity being too limited, or the amount of poison too great, Nature suppurates these poisons and throws them off in the form of mucus.

When a quantity of food, greater than the body can use, is taken and ingested into the circulation, the excess is carried to the lungs in the same manner as above described, and the same form of congestion and elimination takes place; therefore, colds caused by *exposure* and *overeating* are alike in every respect except their origin.

The experience of the writer has been that congestion, which we term colds, is caused much more frequently from over-eating than from exposure.

The logical remedy in either case is to limit the quantity of food to the minimum and to confine the diet, as nearly as possible, to readily soluble and readily digestible foods, such as nuts, fruit salads, and fresh watery vegetables, taking only sufficient nitrogenous and carbohydrate compounds to balance the daily bill of fare.

The following menus given for colds may be also used in cases of la grippe, influenza, etc.:

MENUS FOR COLDS

SPRING MENU

BREAKFAST

A cup of hot water
 An apple, with nuts or berries, in season
 Two egg whites to one yolk, whipped or lightly
 poached
 Clabbered milk, with a sprinkle of grated
 maple-sugar
 A few raisins and nuts

LUNCHEON

One tuber vegetable
 A baked potato or baked beans
 A salad (green), with nuts or cheese

DINNER

Asparagus, turnips, beets, onions—any two of
 these
 A potato
 Whole wheat, well cooked, or a portion of wheat
 bran, cooked
 Nut butter or thin cream

In the late spring, such vegetables as new beets, radishes, lettuce, onions, or any green salad may be eaten at either the noon or the evening meal.

These meals may be varied by choosing fresh vegetables or fruit in season.

SUMMER MENU

COLDS

BREAKFAST

Choice of fruit—a liberal quantity

A banana—very ripe; serve with raisins, nuts, and cream (If the banana is not very ripe, it should be baked)

LUNCHEON

A generous green salad, with grated nuts

Choice of one or two fresh vegetables

A poached egg, dropped into a baked potato

DINNER

A liberal green salad

Smelts, broiled

Tender corn

One or two fresh vegetables

A dessert of peaches, plums, berries, or any juicy fruit

From one to two glasses of water should be drunk at meals. A liberal quantity of fruit or berry juice should be taken between meals.

Vegetable soup may be served at either the noon or the evening meal, using but little fats.

Acid fruits, such as oranges, grapefruit, pineapples, lemons, and strawberries should be omitted if there is a tendency toward superacidity, intestinal fermentation, or rheumatism.

FALL MENU

COLDS

BREAKFAST

Melon or choice of fruit
Baked squash or a banana
Flaked wheat or a bran meal gem
A spoonful or two of nuts, with raisins

LUNCHEON

Two shirred eggs
An ear of tender corn
A green salad

DINNER

Choice of two fresh vegetables
Choice of corn or lima beans
Choice of a baked sweet or a white potato
A green salad—liberal portion
Gelatin or junket

WINTER MENU

COLDS

Juice of orange or grapes just after rising.

BREAKFAST

A cup of hot water, sassafras tea, or malted milk

Two coddled eggs, or very tender fish, broiled

A potato or a bran gem*

LUNCHEON

Any fresh vegetable: Cauliflower, Brussels sprouts, cabbage, turnips

Spinach or endive

Malted milk or a cup of cocoa

DINNER

A bit of slaw or celery

Liberal portion of boiled onions

Spinach, with egg

A potato; prepared choice

*See "Bran Meal," p. 683.

All of the menus for Colds can be taken in cases of LaGrippe and Influenza.

NASAL CATARRH

The following menus, in their various groups, are composed of the most easily digested foods that will give to the body all the elements of nourishment it requires, during the several seasons of the year.

The calories of energy, remedial elements and counteractive properties these menus contain, have been very carefully compiled from long experience in the treatment of catarrh. The nutritive factors they contain are proportioned or leveled so that under ordinary conditions there will be no deficiency to produce unnatural craving, and no surplus to be decomposed and converted into mucous or catarrhal discharges.

These menus contemplate a normal body, living under normal conditions. If one should be exposed to excessive cold, the carbohydrates (sugar and starches) and fats may be slightly in-

creased, and if exposed to excessive heat these articles should be limited somewhat below the amount prescribed. If one is engaged in heavy manual labor the proteid factor such as is contained in beans, eggs, fish, and cheese may be increased, and if performing no labor, these things should be reduced even below the amount prescribed.

These menus will have a tendency to establish normal digestion and assimilation of food, and normal elimination of waste. When this is accomplished, the instincts and various senses will suggest the quality and the quantity of food, the kind and amount of exercise, and all other natural laws that govern and control the physical organism.

WATER-DRINKING IN THE TREATMENT OF NASAL CATARRH

Sufficient water should be drunk at each of these meals to bring the moisture

up to about 66 per cent of the whole. This will require from one to three ordinary glasses, depending largely upon the amount of residual water in the foods composing the meal.

See "Uses of Water in the Body," Lesson II, Vol. I, p. 53.

See also "Water-drinking in Cases of Superacidity," Vol. II, p. 434.

Water performs another very valuable service. When one eats too many sweets, he should drink an abundance of water. This prevents stomach-acidity, and consequent fermentation and irritation of the mucous lining of the stomach. It also prevents torpidity of the liver, which usually follows the excessive use of sweets.

Two or three glasses of water taken at an ordinary meal will all be retained and used by the body, while the same quantity of water taken from two to three hours after a meal, will nearly all pass off in the form of urine.

MENUS FOR NASAL CATARRH

LATE SPRING AND EARLY SUMMER

NASAL CATARRH

Sweet orange, cherries, or very ripe grapefruit just after rising.

BREAKFAST

Three or four egg whites, whipped five minutes, to which add two teaspoonfuls each of lemon juice and sugar, while whipping

One very ripe banana, or plain boiled wheat, with nuts

LUNCHEON

A green salad, with tomatoes and oil

One fresh vegetable—peas or beans

Corn bread—butter

Buttermilk

DINNER

Spinach, kale, young cabbage, or turnip-tops, cooked

One fresh vegetable, in season

A baked sweet potato

Choice tender fish, chicken, or three egg whites and one yolk, whipped, with spoonful each of sugar and of lemon juice

These menus are composed largely of proteids in their most soluble and digestible forms—a most important factor in remedial feeding, especially in cases of either stomach or nasal catarrh.

One or two glasses of water should be drunk at each of these meals. Mastication should be perfect before any water is taken into the mouth.

The bowels should be kept normal by the use of wheat bran.

LATE SUMMER AND EARLY FALL
NASAL CATARRH

For many patients suffering with nasal catarrh, the following combinations have been prescribed by the author with much success.

Choice of the following:

MENU I

MENU II

BREAKFAST

Peaches or pears
 A baked sweet potato
 Half a glass of milk
 A baked banana

A cantaloup or grapes
 One or two eggs, lightly
 cooked
 A whole wheat gem or a
 baked white potato
 A cup of cocoa

LUNCHEON

A lettuce salad
 One fresh vegetable, in season
 A baked potato or a very
 little whole wheat bread;
 potato preferred
 A banana with cream cheese
 and dates

Peas, beans, or carrots
 A sweet or a white potato
 Buttermilk, with two egg
 whites, whipped

DINNER

A lettuce and tomato salad	Young onions, radishes, or
Choice of two fresh vegetables	celery
Tender fish	Beets, carrots, corn, parsnips, Spanish onion, or
A baked potato	string beans—any two
Plain ice-cream, provided	of these
salad is omitted	Choice—fish, chicken, or
	eggs
	A baked potato
	A cantaloup

LATE FALL AND EARLY WINTER

NASAL CATARRH

MENU I

MENU II

BREAKFAST

Grapes	One very ripe banana with
Bran gems	thin cream and nut butter
One egg whipped with sugar	A pint of clabbered milk
and lemon juice	A small portion of coarse
A baked sweet potato	cereal—plain wheat boiled

LUNCHEON

A salad, or celery, with	Onions cooked in a casse-
either nuts or oil	role dish
Baked beans	A potato; prepared choice
Boiled onions or carrots	

DINNER

Carrots, onions, parsnips, squash, turnips—any two of these	One fresh vegetable A baked sweet or a white potato
Choice of one of the follow- ing proteid foods:	A very ripe banana, with either nuts and raisins or figs and cream
Eggs Chicken (white meat)	
Fish Turkey (white meat)	
A baked potato	

NOTE: If the weather is very cold a dessert-spoonful or more of olive-oil should be taken just before each of these meals, and a cup of hot water at the close.

LATE WINTER AND EARLY SPRING

NASAL CATARRH

MENU I

MENU II

BREAKFAST

A sweet orange

A rare omelet rolled in
grated nuts and creamWhole wheat bread or corn
muffins

A cup of chocolate

Whole wheat or corn—
boiled soft or simmered
over night; serve with

butter or cream

A cup of chocolate

LUNCHEON

Baked sweet potatoes with
butter

A cup of chocolate

A boiled Spanish onion

A white potato, baked

Two eggs, either whipped
or coddled

DINNER

Cream of tomato soup

Celery or slaw

Nuts

Carrots, parsnips, or tur-
nips

A baked potato

Cocoa or hot water

(Christmas or New Year's
dinner)

Cream of celery soup

A vegetable salad

Baked or creamed potatoes

Turkey or chicken—white
meat—very little

Baked chestnuts

Cranberry sauce

Ice-cream

Hot chocolate

MENUS FOR HAY FEVER

SPRING MENU

HAY FEVER

BREAKFAST

Bananas, baked

Whole wheat or rye, boiled five or six hours

Thin cream

LUNCHEON

Any fresh vegetable—cabbage, onions, carrots

Whole wheat bread

Thin cocoa

DINNER

One egg, coddled

Rice or a potato

Boiled onions or squash

Spinach or lettuce, with nuts

For recipe for baked bananas and coddled eggs, see p. 677, Vol. III.

See "Bran Meal," p. 683, Vol. III.

SUMMER MENU

HAY FEVER

BREAKFAST

Cantaloup or peaches—no sugar
A potato—sweet or white
Clabbered milk

LUNCHEON

Corn or peas
Lima beans
A potato
A melon

DINNER

Lettuce and tomato salad, with nut-butter
sauce.

Peas, beans, carrots, squash, or onions
A potato—sweet or white
An egg or a very small portion of fish

FALL MENU

HAY FEVER

BREAKFAST

Persimmons or grapes
Bran meal gems or corn bread
A glass of milk

LUNCHEON

Winter squash or a sweet potato
Baked beans or a white potato

DINNER

Lettuce or celery, with nuts
Carrots or string beans
A raw onion
A baked potato or corn bread
A spoonful or two of bran, cooked

WINTER MENU

HAY FEVER

BREAKFAST

The juice of a sweet orange
Three baked bananas or two very ripe bananas,
with cream, raisins, and nuts

LUNCHEON

Eggplant and a boiled onion
A bran meal gem or a corn muffin
Nuts, with raisins

DINNER

A light vegetable soup
Turnips or cabbage, en casserole
A baked potato or bran meal gems
One or two figs, with cheese and nuts

The bowels should be kept in normal condition by the liberal use of wheat bran at each meal. The free action of the bowels is very important in all such disorders as hay fever, influenza, and colds.

MENUS FOR ASTHMA

SPRING MENU

ASTHMA

BREAKFAST

Grapefruit or an orange—very ripe
Baked bananas—must be very ripe
A glass of milk

LUNCHEON

Peas or asparagus
Bran meal gems
A glass of milk

DINNER

Spinach or turnip-tops
Corn bread or bran meal gems
Peas or asparagus
A potato

SUMMER MENU

ASTHMA

BREAKFAST

Peaches, plums, or berries, without cream
One egg, either lightly poached or boiled two
minutes
A small baked potato

LUNCHEON

An ear of tender corn
A Spanish onion, uncooked, with a morsel of
dried fish

DINNER

Fresh peas, beans, or carrots
Tender corn or a baked potato
Lettuce, romaine, or watercress, with nuts

FALL MENU

ASTHMA

BREAKFAST

Grapes or a melon

Two egg whites, whipped, and mixed with a
pint of milk

Baked chestnuts, with cream

LUNCHEON

Okra or a boiled onion

A baked potato

Half a glass of milk

DINNER

Celery, with nuts

Cauliflower, squash, or a stewed pumpkin

A potato or lentils

A cup of cocoa or a glass of milk

WINTER MENU

ASTHMA

BREAKFAST

Pineapple—eliminate the pulp

Plain boiled wheat; serve with fresh butter

LUNCHEON

A pint of clabbered milk, with a sprinkle of
sugar

Two tablespoonfuls of wheat bran

DINNER

Vegetable soup

Celery, with nuts and ripe olives

Carrots or baked squash

A potato—sweet or white

The juice of a sweet orange an hour after eating.

Where milk is not prescribed in the above menus, from one to two glasses of water should be drunk.

The bowels should be kept in normal condition by the use of wheat bran.

INFLUENZA

In treating influenza heavy starchy foods such as white flour products should be omitted, and the diet confined largely to fresh vegetables and the more soluble proteids, such as egg whites and buttermilk, with now and then a limited quantity of fish or fowl for a change.

Fats and sugars should be limited very materially and a liberal quantity of coarse articles such as wheat bran, celery, grapes, and green salads eaten when in season.

The patient should exercise great care in regard to quantity, endeavoring always to limit the quantity of food somewhat below the demands of normal hunger.

The menus for colds, catarrh, hay fever, and asthma may be used for influenza. See pp. 917 to 938, inclusive.

MENUS FOR INSOMNIA**SPRING MENU***INSOMNIA—NERVOUSNESS
LOW VITALITY*

Both insomnia and nervousness are symptoms of the same conditions. The following menus, therefore, are for the purpose of removing primary causes, which are usually either stomach or intestinal fermentation.

The logical remedy for fermentation is to limit the diet to the fewest number of articles that will give to the body the necessary elements of nutrition.

BREAKFAST

A cup of hot water
Corn hominy or boiled wheat
A banana, baked, or sliced and broiled in butter
A cup of cool water

LUNCHEON

A liberal portion of peas in the pod
A baked potato

DINNER

Light vegetable soup

Peas or asparagus

Baked potatoes

A cup of hot water

Half-cup of wheat bran, cooked

NOTE: New peas should be cooked in the pod, as the shell contains better nutrition than the pea. For recipe, see p. 679.

SUMMER MENU

INSOMNIA—NERVOUSNESS
LOW VITALITY

BREAKFAST

Cantaloup or very ripe pear, with cream
A baked sweet potato, with butter
A pint of rich milk
Wheat bran

LUNCHEON

An ear or two of tender corn
A green salad
One egg, whipped

DINNER

Lettuce and tomato salad, with grated nuts
String beans, with raw onion
Tender corn, scraped from the cob, cooked with
very little rich milk and the white of an egg
Cantaloup

The quantity of food prescribed is sufficient for one performing very light labor. If the duties should be strenuous, the quantity may be slightly increased, but the proportions and the combinations should be observed.

FALL MENU

INSOMNIA—NERVOUSNESS
LOW VITALITY

Vigorous exercise, deep breathing, and a glass or two of water should be taken on rising.

BREAKFAST

(Half hour later)

Cantaloup, pears, or persimmons
Baked bananas, served with cream
Steamed figs, with thin cream
A spoonful of nuts

LUNCHEON

Corn on the cob or boiled wheat
String beans
Spinach

DINNER

Romaine and tomato salad
A liberal portion of baked white potato or
tender corn
Carrots or parsnips
Cheese with hard cracker
A cup of thin cocoa

If there should be congestion of the bowels, a liberal service of Concord or blue grapes should be eaten the first thing after rising, and the last thing before retiring. The pulp and seeds should be swallowed, and the skins well masticated.

WINTER MENU

*INSOMNIA—NERVOUSNESS
LOW VITALITY*

A cup or two of hot water, deep breathing, and vigorous exercise immediately after rising.

BREAKFAST

Half a pound of Tokay or Malaga grapes, masticating and swallowing both skins and seeds

Two fresh eggs, whipped very thoroughly, slightly sweetened with honey or maple-sugar, and flavored with fruit-juice. Add half a glass of milk to each egg and drink slowly

LUNCHEON

A small portion of wheat bran, cooked

A pint and a half of junket, taken slowly

One bran meal gem

DINNER

Carrots or winter squash

A small portion of tender fish or a whipped egg

A baked potato

A cup of cool water

To increase vital energy depends not so much upon the quantity as upon the amount of food ingested or assimilated. These menus are rather light for one of low vitality, but they are made to meet the requirements of one suffering from nervousness and insomnia. If, however, these conditions do not prevail, the quantity may be increased, but the combinations should be carefully observed.

MENUS FOR RHEUMATISM AND GOUT

SPRING MENU

*RHEUMATISM—GOUT—LUMBAGO
SCIATICA, ARTHRITIS*

BREAKFAST

Choice of the following:

- a* Two or three bananas, baked; serve with cream or butter
 - b* A baked sweet potato
- Half a dozen steamed figs, with cream

LUNCHEON

Asparagus or peas
A small portion of new potatoes—preferably baked

DINNER

Potato, steamed wheat, or bran gems
A glass of milk; buttermilk preferred
One fresh vegetable, such as carrots, turnips, parsnips, or onions
Nuts or cream cheese

A generous quantity of pure water should be drunk immediately on rising,

and from one to two glasses at each of these meals.

Mastication should be very thorough. At least two hours' vigorous exercise or useful labor should be performed each day, in the open air.

Omit all acids, such as grapefruit, oranges, pineapples, lemons, and rhubarb; also eggs and all flesh foods.

If the bowels are constipated, take a tablespoonful of wheat bran in half a glass of hot water immediately on rising, and half a cup of bran, cooked, at each meal; also, two or three tablespoonfuls in hot water just before retiring. Continue this until the bowels become normal, then reduce the quantity according to the severity of the case.

SUMMER MENU

*RHEUMATISM—GOUT—LUMBAGO
SCIATICA, ARTHRITIS*

BREAKFAST

Melon or peaches—very ripe
Two or three large, very ripe bananas, peeled,
and baked ten minutes; serve with cream or
fresh butter
A bran meal gem

LUNCHEON

A very small portion of green salad
An ear or two of tender corn
A pint of buttermilk

DINNER

A small portion of green salad
Peas, beans, corn, or any fresh vegetable
A very small portion of fish (Buttermilk or junket may be taken instead of fish, if preferred)
A baked potato
Melon or cantaloup

From two to three glasses of water
should be drunk at each of these meals.

If the bowels are constipated, observe the instructions given for the Spring Menu.

Exercise, in all rheumatic conditions, is very important, and while the temperature of the summer weather aids in eliminating poisons from the body, vigorous exercise should be taken in order to give Nature all the help possible.

Rheumatism is merely a form of congestion throughout the capillary vessels of the body. The cure, therefore, is first to remove the causes by taking into the body only such foods as it will use, and use completely; secondly, to aid Nature in casting out all poisons, thereby establishing perfect elimination.

FALL MENU

*RHEUMATISM—GOUT—LUMBAGO
SCIATICA, ARTHRITIS*

BREAKFAST

Melons or persimmons
Whole wheat gems or bran gems
An exceedingly ripe banana, with cream, nuts,
and raisins

LUNCHEON

Green corn or fresh string beans
Either a baked potato or a very little whole
wheat bread
Two or three tablespoonfuls of olive-oil, with
lettuce

DINNER

Vegetable soup or cream soup
Corn, lima beans, turnips, carrots, parsnips,
squash, onions—any two of these
A baked potato

Half a pound of grapes may be eaten
an hour after either meal, or just before
retiring.

Two glasses of water should be drunk
at each of these meals.

For general instructions, see Spring
Menu.

WINTER MENU

RHEUMATISM—GOUT—LUMBAGO
SCIATICA, ARTHRITIS

FIRST DAY: On rising, drink two glasses of water. Devote as much time as possible to vigorous exercises and deep breathing.

BREAKFAST

Corn muffins or bran meal gems, with cream or fresh butter

A cup of cocoa—half milk

LUNCHEON

A large portion of boiled onions

A baked white potato

Raisins, with nuts and cream cheese

DINNER

A fresh vegetable soup

Squash, pumpkin, cabbage, Brussels sprouts, cauliflower, eggplant—any two of these

A very small portion of white meat of chicken

Salted nuts with steamed figs

Just before retiring drink a glass of water, and exercise as already suggested.

SECOND DAY: Very much the same as the first, slightly increasing the quantity of food, if the amount prescribed does not seem sufficient to satisfy normal hunger. Take great care, however, not to overeat.

THIRD DAY:**BREAKFAST**

Bran gems, or a baked potato, with butter
Two glasses of milk

LUNCHEON

A liberal portion of baked sweet potatoes, with butter

A cup of hot water, into which put a little sugar and cream

Figs, cream, and nuts

DINNER

A salad of lettuce, celery, or endive, with nuts
One fresh vegetable

A bit of chicken or turkey—white meat; or shell-fish, such as lobster or crab, may be eaten

A baked potato

NOTE: The meats are given only in case there is a craving for something salty.

Exercise and water-drinking just before retiring.

FOURTH DAY: Same as the third, varying the meals by changing vegetables according to hunger.

FIFTH DAY: Same as the first, repeating these menus for a period of from fifteen to twenty days, making such variations in the vegetables as normal hunger requires.

SPRING MENU

*ANEMIA—SLUGGISH LIVER
RHEUMATIC TENDENCY*

Drink two glasses of water just after rising, to which add a spoonful or two of lemon juice.

Devote as much time as possible (from three to five minutes) to vigorous exercises, as shown in Vol. V, pp. 1343 to 1346. Hold the breath while executing three or four movements. In this way the lung capacity can be much increased.

Choice of the following:

MENU I

MENU II

BREAKFAST

A cup of hot water	Grapes or orange juice
Half a cup of wheat bran, cooked	Whole wheat, boiled; serve with thin cream
An egg white, poached	Wheat bran
A banana, baked	

LUNCHEON

Spinach	One glass of water
A potato or steamed wheat	Boiled onions
	A baked white potato

DINNER

A salad of lettuce and to- matoes, with oil	A green salad
Choice of peas, beans, or asparagus	Carrots, spinach, or onions —any two of these
A small, baked white potato	A baked sweet or a white potato
One egg or a very small por- tion of tender fish	Baked beans or rye bread
One glass of water	One glass of water
	Apple tapioca or gelatin

The bowels should be kept in normal condition by the use of clean, coarse wheat bran.

SUMMER MENU

ANEMIA—SLUGGISH LIVER
RHEUMATIC TENDENCY

FIRST DAY: On rising, take two sweet, ripe plums, and a glass of water. Devote from one to three minutes to exercises Nos. 3 and 5 (see Vol. V, pp. 1344 and 1345), and practise deep breathing, filling the lungs to their utmost capacity every third or fourth movement. Also take a short, brisk walk in the open air.

BREAKFAST

(An hour later)

Four or five extremely ripe peaches, with just a sprinkle of sugar—no cream

Two or three egg whites and one yolk, whipped with a teaspoonful of sugar

One extremely ripe banana (black spotted), with nuts

LUNCHEON

Two medium ears of tender green corn, thoroughly masticated; serve with either a very little nut butter or fresh dairy butter

DINNER

Cream of pea soup; crisp cracker—very little
A lettuce and tomato salad, or cooked spinach
An ear or two of tender green corn, or lima
beans (cooked)
A grilled sweet potato

Water should be taken as follows:
Half a glass at the beginning, a glass during the progress of the meal, and half a glass at the close.

Just before retiring, eat half a pound of very ripe grapes, swallowing skins, seeds and pulps, or take four or five extremely ripe Japanese plums, if they are not sweet and well ripened; grapes are preferred.

Devote about three minutes to exercises Nos. 3 and 5, together with deep breathing.

SECOND DAY: Same as the first, very slightly increasing the quantity of food if there is the least symptom of weakness.

Every morning, immediately on rising, eat two or three peaches or plums, and drink a glass of water.

THIRD DAY:

BREAKFAST

Cantaloup

A cup of cocoa or chocolate

Choice of:

a Two extremely ripe bananas, baked;
serve with thin cream (bananas must
be black spotted)

b A baked potato

Two egg whites, whipped with a sprinkle of
sugar and a little lemon juice and cream

LUNCHEON

Tender corn

String beans or squash

Spinach or a green salad

A cantaloup or two exceedingly ripe peaches,
with a little sugar—no cream

DINNER

A small portion of fish or white meat of chicken,
provided there is a craving for this kind of food;
if not, confine to

Tender corn (One whole poached egg, eaten
with the corn)

One boiled onion or cooked spinach

Two glasses of water

This entire meal should be masticated very thoroughly. This is one method of preventing supersecretion of acid, premature fermentation and the consequent accumulation of gas.

FOURTH DAY: The same as the third, with the exception of the evening meal, which should consist of—

A baked sweet potato—butter
Carrots or string beans, or Spanish onion

FIFTH DAY: The same as the first.

SIXTH DAY: The same as the second, repeating the diet as given for a week or ten days.

After the fourth day these meals may be slightly varied by choosing from the following, where vegetables are prescribed:

Beans	Parsnips
Beets	Peas
Carrots	Squash
Corn	Turnips

The patient should retire at a reasonable hour, say 10 o'clock, and rise about

6 or 6.30; have breakfast between 7.30 and 8; luncheon between 12 and 1, and dinner not later than 6.30 or 7.

Masticate well every mouthful of food, whether it seems to need it or not. Even bananas need much mastication, not for the purpose of reduction, but for the purpose of insalivation. The same rule should apply to all cooked vegetables and soft foods.

FALL MENU

ANEMIA—SLUGGISH LIVER
RHEUMATIC TENDENCY

Choice of the following:

MENU I

MENU II

BREAKFAST

Cantaloup, melon, or pears
Steamed whole wheat or
rice—sugar and cream
A tablespoonful of nuts
(choice)
Half a glass of sour milk

Farina, rice, or boiled wheat
One tablespoonful of nuts
(choice)
Cream and figs
A liberal portion of wheat
bran

LUNCHEON

Spinach or boiled onion
Corn bread with sweet
butter
Two tablespoonfuls of nuts
(choice)
One glass of sour milk

One vegetable—corn, car-
rots, squash, or lima
beans
Two spoonfuls of nuts
A potato

DINNER

Choice of lima beans or corn
Corn bread and sweet but-
ter
Lettuce and fresh tomato,
with dressing

Corn, spinach, or a lettuce
salad
Rye bread or a potato
Whites of two eggs, whipped
or poached

Plain ice-cream, gelatin, or junket may be eaten with either of the dinner menus.

Omit all laxative medicines. Use coarse clean wheat bran liberally, especially with the morning and the evening meal.

WINTER MENU

*ANEMIA—SLUGGISH LIVER
RHEUMATIC TENDENCY*

FIRST DAY: Immediately on rising, drink two glasses of water, and eat a small bunch of grapes, or two or three soaked prunes. Devote two or three minutes to exercises Nos. 3 and 5 (see Vol. V, pp. 1344 and 1345). The exercises should be taken before an open window, or in a well-ventilated room.

BREAKFAST

A cup of hot water

Three or four egg whites and two yolks, whipped rapidly four or five minutes with a rotary egg beater. Whip into this a heaping teaspoonful of sugar and a teaspoonful of olive-oil, and whip again for two or three minutes

Flaked wheat, eaten with thin cream—small portion

A cup of hot water

Wheat bran

LUNCHEON

Carrots or parsnips

Baked potatoes, with butter

A boiled onion

DINNER

Cream of tomato soup

Fish—small portions

Carrots, onions, parsnips, squash, turnips—
one or two of these

Potatoes, prepared choice

One exceedingly ripe banana, eaten with thin
cream and raisins

Just before retiring take two table-spoonfuls of wheat bran, and devote four or five minutes to the above-named exercises.

SECOND DAY: The same as the first.

THIRD DAY: The same as the second, slightly varying the meals according to choice of vegetables, adhering closely, however, to the number of eggs prescribed. If olive-oil is not pleasant to the taste, it may be omitted, and a larger quantity of butter taken with the potatoes. It would be well to take a table-spoonful of olive-oil just before eating, followed by half a cup of hot water, especially if the weather is cold.

FOURTH DAY:**BREAKFAST**

Whole wheat, thoroughly steamed or boiled;
serve with butter

A cup of hot water

LUNCHEON

Vegetable soup

Corn bread—butter

Cocoa

DINNER

One fresh vegetable—carrots, parsnips, turnips,
etc.

A bit of fish

A baked potato

A small portion of plain ice-cream, if something
sweet is desired

FIFTH DAY: The same as the fourth.

SIXTH DAY: The same as the first, and
so on for a period of fifteen to twenty days.

SPRING MENU

*STIFFNESS AND PAIN IN JOINTS
STOMACH TROUBLE—CONSTIPATION—
INTESTINAL GAS—IRREGULAR HEART
ACTION*

Immediately on rising, drink two cups of hot water.

BREAKFAST

A cup of wheat bran, cooked ten minutes; serve with butter, cream, and a very little salt

A cup of hot water

One or two exceedingly ripe bananas, baked, eaten with thin cream

Two egg whites, very lightly poached

A baked potato or bran meal gems

A glass of water

LUNCHEON

A cup of junket or fresh buttermilk

A small, new potato, baked; serve with butter

A glass of water

DINNER

Choice of two of the following vegetables:

Asparagus

Green peas

Beans

Spinach

Baked new potatoes

A very small portion of either fish or chicken

A small cup of wheat bran, prepared as for breakfast

A glass of water

SUMMER MENU

STIFFNESS AND PAIN IN JOINTS
STOMACH TROUBLE—CONSTIPATION—
INTESTINAL GAS—IRREGULAR HEART
ACTION

Choice of the following Menus:

MENU I

MENU II

BREAKFAST

Melon
One very ripe banana,
baked
One or two spoonfuls of
steamed whole wheat
Two glasses of water

Choice of peaches, plums,
or melon
Rice or oatmeal
Two very ripe bananas,
baked; serve with cream
Half a cup of bran

LUNCHEON

Choice of lima beans or
baked potato
One glass of milk—clab-
bered or buttermilk
A glass of water

Green corn
Rich milk

DINNER

Lima beans or corn	Two vegetables—choice
A fruit salad (made of sweet fruit), with whipped cream	Sweet butter with either corn bread or green corn
Two or three egg whites	One glass of milk
One or two tablespoonfuls of nuts—choice	
Cantaloup or melon	

All sweets may be omitted if they do not appeal to the taste. However, if something sweet is desired, make either the luncheon or the dinner of vegetables and home-made ice-cream, omitting all other articles.

EMERGENCY MEAL

(To be taken in lieu of luncheon or dinner, if languid or stupid)

Two ears of tender corn
Two glasses of milk
One whipped egg
A small portion of ice-cream
Wheat bran

FALL MENU

STIFFNESS AND PAIN IN JOINTS
STOMACH TROUBLE—CONSTIPATION—
INTESTINAL GAS—IRREGULAR HEART
ACTION

FIRST DAY: On rising, drink a cup or two of hot water, and eat a half pound of grapes, the Concord or blue grapes preferred, swallowing seeds and pulp whole, masticating and swallowing the skins. Devote as much time as possible (from three to five minutes) to deep breathing exercises before an open window, or in a thoroughly ventilated room.

BREAKFAST

(Half an hour later)

Half a cup of coarse wheat bran, served as an ordinary cereal

A bowl of clabbered milk, with a sprinkle of maple-sugar

Bran meal gems

LUNCHEON

A glass of cool water
Baked potatoes or corn
One fresh vegetable, such as carrots, parsnips,
turnips, beets, boiled onions, or squash
Half a cup of hot water

DINNER

One or two fresh vegetables (See list suggested
for luncheon)
Choice of green salad, cooked spinach, or celery
A baked white potato—eat skins and all
One egg white, or a very small portion of either
fish or white meat of chicken; egg preferred

From one to two glasses of water should be drunk at each of these meals—half a glass of cool water at the beginning of the meal, and a cup of hot water at the close, would be sufficient; drink enough, however, to make the total moisture about 66 per cent of the whole.

A tablespoonful of wheat bran should also be taken at each of the above meals, either with a little water at the close of the meal, or cooked and served as a cereal at the beginning of the meal.

A spoonful or two should be taken just after rising, and just before retiring, until the bowels act normally, when the quantity may be regulated to meet the severity of the condition.

SECOND DAY: Same as the first.

THIRD DAY: Same as the second, slightly increasing the food if demanded by normal hunger, or decreasing it if there is a sense of fullness after meals. It is always well to cease eating before hunger is thoroughly satisfied. When the body is kept slightly hungry, it assimilates all the food eaten, and insures natural digestion and elimination of waste.

FOURTH DAY:**BREAKFAST**

One or two exceedingly ripe bananas, with cream and nut butter, and either raisins or soaked prunes

A glass of milk

One egg white

Boiled wheat, with thin cream and either nuts or nut butter

LUNCHEON

A sweet potato, with butter

Corn, fresh

A glass of milk

DINNER

Spinach, with egg white

A very small portion of fish or white meat of chicken

A baked sweet or a white potato

A tablespoonful of olive-oil may be taken at the beginning of each of these meals, and a cup of hot water at the close.

If the bowels have not become normal, continue taking the wheat bran and

grapes according to directions for the first day.

Observe the general rules of exercise and water-drinking just after rising and just before retiring.

FIFTH DAY: Same as the fourth.

SIXTH DAY: Same as the first, repeating the diet herein given, day by day, for two or three weeks.

WINTER MENU

STIFFNESS AND PAIN IN JOINTS
STOMACH TROUBLE—CONSTIPATION—
INTESTINAL GAS—IRREGULAR HEART
ACTION

FIRST DAY: On rising, drink a glass or two of pure water. Take a short, brisk walk in the open air.

BREAKFAST

A cup of hot water
One tablespoonful of olive-oil or nut oil
Two exceedingly ripe bananas (must be black spotted), eaten with thin cream and nut butter (A few dates, if something sweet is desired)
Two or three tablespoonfuls of wheat bran, cooked
A potato—eat skins and all

LUNCHEON

Baked potatoes, with butter. Eat skins and all
(Make entire meal upon this)

DINNER

Stewed pumpkin or winter squash
Corn bread
Choice of beans or a baked potato
Wheat bran, cooked
A glass of milk

Just before retiring, take a brisk walk for five minutes and practise deep breathing. Eat five or six scaked prunes.

SECOND DAY: Same as the first, slightly increasing or decreasing the quantity of food to meet the demands of normal hunger.

THIRD DAY:**BREAKFAST**

Prunes or dried peaches, stewed—no sugar
One egg, whipped very fine
Coarse cereal or wheat bran

LUNCHEON

Liberal portion of baked sweet or white potatoes

DINNER

Choice of two of the following vegetables:

Beans	Onions
Beets	Pumpkin
Carrots	Squash
Corn	Turnips

A potato, prepared choice

FOURTH DAY: Same as the third, increasing or decreasing the quantity of food according to hunger.

FIFTH DAY: Same as the first, repeating these menus for twelve or fifteen days.

While the yolks of eggs are conducive to rheumatic tendencies, only that portion, however, that is not naturally appropriated by the body affect these conditions. In other words, it is the excess that is harmful.

MENUS FOR BRIGHT'S DIS-EASE

SPRING MENU

BRIGHT'S DIS-EASE

BREAKFAST

Clabbered milk or two or three egg whites
Baked bananas

LUNCHEON

A Spanish onion, en casserole
Turnips or fresh peas in the pod
Two egg whites

DINNER

An onion, uncooked—small portion
Corn bread and a very small portion of dried
fish
Peas, asparagus, or turnips
A potato

SUMMER MENU

BRIGHT'S DIS-EASE

BREAKFAST

A melon or peaches, omitting cream
Two glasses of fresh milk
Bran meal gems

LUNCHEON

Peas or beans
Young onions
A small piece of corn bread
A glass of buttermilk

DINNER

Lettuce, with nuts
Corn or string beans
New potatoes or lima beans
Two egg whites, coddled, or cottage cheese

FALL MENU

BRIGHT'S DIS-EASE

On rising Concord (blue) grapes.

BREAKFAST

An omelet of two whites and one yolk, rolled in
cream and grated nuts; cook lightly
Corn-meal muffins

LUNCHEON

A sweet potato, with fresh butter

DINNER

A light vegetable soup
Celery or tender slaw
Carrots, parsnips, or turnips
A potato or fresh corn

WINTER MENU

BRIGHT'S DISEASE

BREAKFAST

A pint of clabbered milk—lukewarm
Whole wheat, boiled
Two tablespoonfuls of bran

LUNCHEON

A pint and a half of fresh milk
Corn bread—not sweetened

DINNER

Slaw, with nuts
Carrots, cauliflower, or winter squash
A potato or bran meal gems

MENUS FOR DIABETES**SPRING MENU***DIABETES*

The diabetic patient should observe the usual rules for vigorous exercise and deep breathing, and for copious water-drinking just after rising and just before retiring.

The diet should consist as nearly as possible of foods in their natural condition, such as extremely ripe fresh fruits and fresh vegetables, and of the proteid group such as eggs, milk, cheese, gelatin, legumes, and now and then a limited quantity of fish.

BREAKFAST

Cherries, berries, or a baked apple, without sugar

Two or three extremely ripe bananas, with thin cream

A spoonful or two of nuts, or nut butter

A glass of milk; clabbered milk preferred

LUNCHEON

A small portion of plain wheat, or oat groats (grains), boiled until well done

One fresh vegetable—preferably onions, carrots, or peas

DINNER

A liberal green salad, with nuts and oil

One or two fresh vegetables, such as peas, asparagus, or okra

An egg or a bit of fish

A baked potato

Gelatin or junket

The bowels should be kept in normal condition at all times, either by vigorous exercising or by the liberal use of wheat bran.

Avoid extreme acids, sweets, white bread, and heavy starches found in cereal products.

SUMMER MENU

DIABETES

A glass of water and one or two very ripe peaches just after rising and just before retiring. Devote thirty minutes, if possible, to deep breathing and vigorous exercise.

BREAKFAST

Melon, peaches, or any sweet fresh fruit
Two eggs, whipped very thoroughly, or two glasses of clabbered milk
Corn or a whole wheat muffin

LUNCHEON

Cauliflower, cabbage, or okra
Tender corn or string beans
Fish, chicken, egg, or clabbered milk
A baked potato

The fish, the chicken and the milk should be taken in limited quantities; vegetables should predominate.

Mastication should be very thorough, and a glass or two of water should be drunk at each meal.

DINNER

Vegetable soup

Salad, with nuts or oil

Corn or lima beans

A potato—sweet or white

FALL MENU

DIABETES

A glass or two of water and a bit of fruit just after rising, followed by vigorous exercises and deep breathing.

BREAKFAST

Peaches, plums, or persimmons
Eggs, boiled two minutes
A bit of corn bread, bran meal gems, or a baked potato
A cup of milk or chocolate

LUNCHEON

Two or three glasses of buttermilk
A whole wheat gem or a muffin, with nuts

DINNER

Two fresh vegetables, such as beans, beets, Brussels sprouts, cauliflower, okra, eggplant, or lima beans
Sliced tomatoes
A bit of green salad
Nuts and cream
Half a cup of wheat bran

WINTER MENU

DIABETES

BREAKFAST

A cup of hot water
Wheat bran, cooked
Two eggs, whipped
Nuts and cream
Half a glass of cool milk

LUNCHEON

A cup of hot water
A baked potato
A large creamed onion
A cup of chocolate

DINNER

Onions, beans, carrots, or parsnips—any two of these

One or two eggs, whipped

A portion of wheat bran, cooked, or the whole wheat might be boiled until the grains burst open, and served with butter and cream. This is the best form in which cereal can be taken

MENUS FOR CONSUMPTION

WEAK LUNGS—CONSUMPTION

For many centuries consumption, or the various forms of tuberculosis have preyed upon the human race, yet science has so far failed to give us one reliable artificial remedy. We must perforce turn to Nature, the only remedy now known being oxygen or common air.

The consumptive or tubercular patient should provide some way to live out-of-doors, day and night, winter and summer, unless the weather is extremely cold.

The next important factor in treating this dis-ease is food.

The diet should consist of the richest and the most readily digestible foods, in the following groups, given in the order of their importance:

PROTEIDS	CARBO-		FRUIT-SUGARS	
	HYDRATES	FATS		
Eggs	Honey	Nuts	Figs	Oranges
Milk	Maple-sugar	Olive-	Raisins	Pears
Legumes	Whole wheat	oil	Grapes	Plums
	Rice	Cream	Persimmons	Peaches
	Potatoes	Butter	Bananas	Apples
	Corn			

FRESH VEGETABLES

Asparagus	Beets
Peas	Carrots
Beans	Parsnips
Green corn	Squash
Tomatoes	Celery
Turnips	
Cabbage	

GREEN SALADS

Lettuce
Romaine
Parsley
Watercress

The patient should drink an abundance of water, take vigorous exercise and deep breathing, and eat liberally of grapes before breakfast, when they are in season.

The following menus are merely suggestive. They may be changed, selecting the articles mentioned in the foregoing tables, when available during the several seasons of the year:

GENERAL MENUS FOR WEAK LUNGS—
CONSUMPTION

FIRST DAY:

BREAKFAST

A glass of clabbered milk, with a sprinkle of sugar

Two eggs whipped very thoroughly (See recipe, p. 678)

If constipated, take half a cup of coarse wheat bran, cooked. Serve as a breakfast cereal with butter or cream.

LUNCHEON

Three eggs prepared as per recipe, p. 678; add two glasses of milk; mix well; drink slowly

DINNER

Choice of two of the following vegetables:

Beets	Cabbage or celery
Carrots	Fresh corn or corn hominy
Lentils	Navy or lima beans
Parsnips	Turnips

A baked white potato, rice, or corn

One egg, prepared any way acceptable to the taste—preferably whipped

Something green should be taken at this meal, if possible, such as lettuce, spinach, kale, parsley, or watercress

Home-made ice-cream, in summer, or a tablespoonful of honey, in winter, may be eaten, if something sweet is desired

Drink from one to two glasses of water at each of these meals, but take no water into the mouth until mastication is perfect.

Just before retiring, drink a glass of water, and eat half a pound of grapes, then devote from ten to fifteen minutes to deep breathing exercises.

SECOND DAY: Same as the first, slightly increasing or decreasing the quantity of food according to hunger.

Take an additional egg the second day for the noon meal; another the third day, then gradually decrease the quantity if the appetite rebels against them. Do not overeat. Assimilation is the primary object to be obtained.

FOURTH DAY: On rising, drink water and eat grapes, as prescribed for the first day. Devote much time to moderate exercise and deep breathing.

BREAKFAST

Two extremely ripe bananas, eaten with thin cream and either nuts or nut butter; also two or three figs or an equivalent quantity of raisins

A spoonful or two of whole wheat, thoroughly cooked

LUNCHEON

A large boiled onion, and a baked white potato, with butter and a dash of salt (If the onion cannot be procured, take carrots or parsnips)

Drink two or three glasses of milk

If the bowels are not acting normally, drink a glass of water and take a spoonful or two of wheat bran, after each meal.

DINNER

A liberal portion of baked white potatoes, eaten with butter

Four or five egg whites and two yolks, prepared as per recipe given for the first day

A small portion of any two fresh vegetables (A little ice-cream may be taken at this meal, if there is a craving for something sweet)

FIFTH DAY: Same as the fourth, omitting ice-cream.

SIXTH DAY: Same as the first, repeating these menus for about sixteen or eighteen days.

SPRING MENU

*TUBERCULAR TENDENCY**CONSTIPATION—NERVOUSNESS—CATARRH*

FIRST DAY: Immediately on rising, drink a glass of cool water, eat a few cherries or the juice of an orange, and devote five or ten minutes to exercises Nos. 3 and 5, as shown in Vol. V, pp. 1344 and 1345.

BREAKFAST

(Half an hour later)

A cup of hot water

Very ripe berries, with sugar—no cream

One exceedingly ripe banana, with nuts or nut butter

A small, baked white potato, eaten with butter

One egg, boiled two minutes

A small portion of wheat bran, cooked

LUNCHEON

One or two large Spanish onions, boiled

A small, baked white potato, eaten with butter

One or two whole eggs, whipped

DINNER

Choice of string beans, peas, or asparagus; if these cannot be obtained, take choice of:

Beets

Carrots

Cabbage

Parsnips

Turnips

Spanish onions, boiled

A baked white potato

Three egg whites, whipped

One glass of water, taken during the meal

Just before retiring, take two table-spoonfuls of wheat bran, drink a glass of water, and devote from five to ten minutes to exercises as prescribed for the morning.

SECOND DAY: Same as the first.

THIRD DAY: Same as the second, slightly increasing the quantity of food if necessary. Changes in the vegetables may be made, confining, however, to the vegetables mentioned, as nearly as possible, always taking fresh vegetables in preference to canned.

FOURTH DAY:**BREAKFAST**

Fruit—choice

A small portion of plain boiled wheat, with butter and cream

A cup of hot water

Two eggs, whipped or boiled two minutes

LUNCHEON

Three glasses of milk

Two eggs, whipped

Wheat bran, cooked

(Take milk and eggs very slowly)

DINNER

One green vegetable

A tablespoonful or two of "Protoid" nuts

Junket, gelatin, or eggs

Just before retiring, devote from five to ten minutes to exercises prescribed for the first day.

If the bowels have not become normal, continue taking the wheat bran just before retiring, and a spoonful or two just after rising.

FIFTH DAY: The same as the fourth.

SIXTH DAY: Same as the first, and so on, repeating the diet so long as it appeals to the taste. If digestion will permit, the eggs and the milk may be increased.

SUMMER MENU

*TUBERCULAR TENDENCY**CONSTIPATION—NERVOUSNESS—CATARRH*

Choice of the following menus:

MENU I

MENU II

BREAKFAST

Cantaloup or peaches
Three or four egg whites,
whipped—mix with two
glasses of fresh milk
A spoonful of nuts (choice)

One banana
Melon or peaches with thin
cream
Three eggs, whipped with
very little sugar and
fruit juice

LUNCHEON

Choice of lima beans or a
baked potato
A salad of lettuce and fresh
tomatoes, eaten with
lemon juice, sugar, and a
spoonful of mixed nuts
Two eggs, whipped

A very small piece of fish
Boiled corn, beets, or a
baked potato
One fig, with cream cheese

DINNER

Choice of squash, boiled onions, or corn	An ear of corn
A salad of anything green	One and one-half glasses of buttermilk with egg whites
One glass of buttermilk, mixed with two whipped egg whites	Two or three very ripe peaches with cream and sugar
One or two tablespoonfuls of nuts (choice)	Home-made ice-cream

I would advise two or three very ripe peaches just before retiring at night, and just after rising in the morning.

SUPPLEMENTARY DINNER

(To be taken if there is a craving for flesh or ,
salty food)

One ear of corn (boiled)
Fish, lobster, or white meat of chicken
A small baked potato
A salad of lettuce or endive

FALL MENU*TUBERCULAR TENDENCY**CONSTIPATION—NERVOUSNESS—CATARRH*

On rising, devote from three to five minutes to deep breathing exercises before an open window, preferably movements 3 and 5, as shown in Vol. V, pp. 1344 and 1345. Eat a bunch of grapes, thoroughly masticating the skins, swallowing seeds and pulp whole. Drink two glasses of water. If the weather is cold, the water should be heated.

BREAKFAST

Half a cup of wheat bran, cooked, eaten with cream

A small bunch of grapes

Two eggs, whipped about six or seven minutes; add a teaspoonful of sugar and a tablespoonful of olive-oil, while whipping

One extremely ripe banana; serve with cream and either nut butter or nuts (The banana should be baked, if not very ripe)

LUNCHEON

One fresh vegetable—carrots, parsnips, or turnips

A boiled onion
 A baked potato
 One egg, cooked two minutes, eaten with the
 potato skins
 Fresh butter
 A cup of hot water at the close of the meal

DINNER

Half a cup of wheat bran, cooked
 Two or three eggs, prepared as for breakfast
 One extremely ripe banana and a few soaked
 prunes
 (A very small, baked white potato may be taken
 if something salty is desired)
 A bunch of grapes

Just before retiring, eat a small bunch of grapes and drink a cup of hot water. Devote from three to five minutes to exercises which have already been prescribed for the morning.

These meals may be varied by changing the vegetables, and now and then substituting for the eggs a portion of fresh fish or a glass of buttermilk.

If the quantity of food prescribed does not seem sufficient, it might be slightly increased; however, do not increase it

beyond the limits of normal hunger. The best combinations of food, when taken in excess of the bodily needs, undergo a form of decomposition, and become a prolific source of dis-ease.

WINTER MENU

TUBERCULAR TENDENCY

CONSTIPATION—NERVOUSNESS—CATARRH

BREAKFAST

Two very ripe, red bananas, baked
Nuts, cream, raisins
Two whipped eggs; sugar; flavor to taste
A spoonful of wheat bran

LUNCHEON

Three fresh eggs, whipped about six minutes,
with sugar; pineapple juice added after whipping
A small portion of wheat bran, cooked

DINNER

Celery
A tablespoonful of olive-oil
One fresh vegetable
A potato
Whole wheat bread (very little)
Buttermilk or gelatin

The above menus have been selected
and combined so as to counteract con-

stipation, catarrh, nervousness, biliousness, etc. There is no specific remedy in foods for consumption. Foods will aid in curing this disease only through the natural process of building up healthy tissue, and increasing the power of the body to resist all diseases.

SPRING MENU

WEAK LUNGS

TENDENCY TOWARD INTESTINAL

CONGESTION

Immediately on rising drink a glass or two of water and take a very little of some juicy fruit. Also take a brisk walk in the open air before breakfast.

BREAKFAST

The strained juice of one sweet orange, or a few very ripe berries, without cream

Two or three coddled eggs

A small whole wheat cracker

One baked banana

A spoonful of wheat bran

LUNCHEON

A whole wheat muffin with butter, and a dessert-spoonful of honey

A glass or two of milk

Wheat bran

DINNER

Bean soup or pea soup

Peas, asparagus, spinach, or any fresh vegetable

Corn bread or a very small portion of whole wheat

One coddled egg

A small portion of wheat bran, slightly cooked

From one to two glasses of water should be drunk at each of the above meals.

If there is a marked tubercular tendency, from six to nine eggs may be taken daily for about three days in each week, taking with the eggs a small quantity of acid fruits at each meal—either orange juice, berries, or a spoonful of strained pineapple juice. The acids should be diluted (half water), and taken without sugar.

SUMMER MENU

WEAK LUNGS

*TENDENCY TOWARD INTESTINAL
CONGESTION*

Take a brisk walk and deep breathing exercises before breakfast.

BREAKFAST

A cantaloup or a pear
Wheat bran, cooked
A liberal portion of baked sweet potatoes
One whole egg, either coddled or whipped
A pint of sour milk or a cup or two of chocolate

LUNCHEON

A liberal portion of tender corn, steamed in the husk
A lettuce and tomato salad
Nuts

DINNER

String beans, corn, or carrots
A baked potato
A very small portion of tender fish, an egg, or clabbered milk
Melon or peaches

If the patient is performing labor that would require more food than herein prescribed, the quantity may be increased.

FALL MENU*WEAK LUNGS**TENDENCY TOWARD INTESTINAL
CONGESTION*

The following menus are laid out with the view of giving the greatest amount of tissue-building food which require the least effort in digestion.

There is nothing more valuable in the treatment of lung trouble than extreme deep breathing. After pure blood is made, the way to keep it pure is to keep it charged with oxygen, and the only way to do this is to breathe an abundance of fresh air into the lungs.

BREAKFAST

A bunch of grapes

Three or four eggs, whipped five or six minutes, into which whip a teaspoonful of sugar, and a teaspoonful of Cognac brandy or lemon juice, to each egg

NOTE: The brandy is germicidal and aids in the digestion of the egg yolks.

LUNCHEON

From three to four eggs, prepared as for breakfast, slightly increasing the quantity of sugar and brandy. Put in a heaping teaspoonful of sugar and a dessert-spoonful of brandy, and add a full glass of milk to each egg

DINNER

Any one or two fresh vegetables, including something green, as spinach or lettuce

The fresh vegetables may consist of:

A baked potato	Squash
Onions	Turnips
Parsnips	

The patient may have a few grapes between meals and a few an hour after dinner. He should swallow the seeds and pulp whole, and masticate and swallow the skins. He should eat plenty of fresh eggs, fresh milk, and ripe, sweet grapes. The milk and the eggs are good tissue-building foods, while sugar is a carbohydrate and makes a good winter food. The grapes are full of grape-sugar, which is an excellent nutrient, and also an aid to the digestion of other foods.

NOTE: These menus were given to a consumptive patient, and in a period of six weeks he had made a very substantial gain in both weight and strength.

WINTER MENU

*WEAK LUNGS
TENDENCY TOWARD INTESTINAL
CONGESTION*

Take a bit of fruit, a glass of water, and
a brisk walk immediately after rising.

BREAKFAST

One or two exceedingly ripe bananas, baked,
eaten with cream

A service of corn hominy

One coddled egg, if desired

A cup of chocolate, or hot water, if preferred

LUNCHEON

Vegetable soup

One fresh vegetable; preferably boiled onion
or carrots

One or two glasses of fresh buttermilk

Wheat bran

DINNER

Celery, slaw, or any green salad

Steamed rice or plain boiled wheat

A whipped or coddled egg, or buttermilk

Nuts and raisins

A small portion of wheat bran should be taken at breakfast and just before retiring. Bran contains valuable mineral salts, and in winter can replace the chemistry of green salads.

From one to two glasses of cool water should be drunk at each of these meals.

MENUS FOR DIS-EASES OF THE SKIN

SPRING MENU

ECZEMA

Whether or not eczema is a dis-ease caused by bacteria, it is obvious that the weapon with which to combat this disorder is pure blood with an abundance of the white corpuscles. These phagocytes of the blood may be properly called the police of the body.

The patient should observe the following general rules:

Drink an abundance of pure water both at meals and between meals. Omit cane-sugar and all acids.

Dress as lightly as possible, and do not wear woolen garments next to the skin.

Take sufficient vigorous exercise each day to cause perspiration.

Spend as much time in the open air as possible.

The meals should be substantially as follows:

BREAKFAST

A few spoonfuls of wheat bran, cooked, and eaten with cream

Two or three bran meal gems

Two or three egg whites, whipped very thoroughly, to which add a spoonful of cream

One ripe banana

LUNCHEON

A green salad, with nuts—liberal portion

A fresh vegetable; preferably boiled onions or carrots

A baked potato

DINNER

A salad of any green succulent plant

Young onions

Peas or asparagus

A baked potato or baked beans

SUMMER MENU

ECZEMA

BREAKFAST

Raspberries, blackberries, grapes, or cantaloup

A potato—sweet or white

A cup of cocoa or sassafras tea (See recipe,
p. 681)

LUNCHEON

Beets, asparagus, cabbage, cauliflower, Brussels sprouts, or okra

A potato—prepared choice

DINNER

Two fresh vegetables; choice of:

Asparagus

Corn

Beans

Eggplant

Beets

Onions

Carrots

A very ripe peach or a cantaloup

Just before retiring, eat a few very ripe peaches, and take a tablespoonful of wheat bran.

FALL MENU

ECZEMA

Either of the following menus may be chosen for a period of ten or twenty days. They are designed especially for the removal of all forms of autointoxication or self-poisoning which sometimes manifest themselves by skin eruptions. While autointoxication may not be the primary cause of eczema, it augments all zymotic conditions. The chief purpose of these menus is to give to the body an opportunity to throw off the dis-ease by removing all obstacles. I would therefore advise that the use of tobacco, tea, coffee, and all alcoholic stimulants be omitted.

MENU I

MENU II

BREAKFAST

Two egg whites, whipped
very thoroughly, adding
a little heavy cream and
a spoonful of sugar

Take this as a sauce
over two exceed-
ingly ripe bananas,
with nuts or nut
butter

A bunch of California
grapes (Malagas)

A cup of hot water at the
beginning of the meal,
and a glass of cool water
at the close

Three extremely ripe bana-
nas, baked in a casserole
dish; serve with thin
cream

LUNCHEON

Spinach or a green salad
String beans or corn
A potato

Squash or turnips
A salad (green)
Baked beans

DINNER

A green salad or cooked
spinach
Boiled onions, carrots, or
turnips
A baked potato with fresh
butter

A small portion of fish,
white meat of chicken, or
an egg—egg preferred
A boiled onion and a baked
potato
A bit of green salad

From one to two glasses of water should be drunk at each of these meals, preferably a cup of hot water at the beginning, and a glass of cool water at the close. I would especially advise vigorous exercises night and morning, and deep breathing before an open window.

WINTER MENU

ECZEMA

FIRST DAY: On rising, drink two or three glasses of water, eat a few grapes, and devote from three to five minutes to any one of the exercises shown in Vol. V, pp. 1343 to 1346, inclusive.

BREAKFAST

Baked white potatoes or bran meal gems
A glass of rich milk

LUNCHEON

Baked beans
Bermuda onions
A potato or corn bread

DINNER

Any two of the following:

Beans	Pumpkin
Beets	Squash
Carrots	Turnips
Parsnips	

A green salad—either lettuce and tomatoes, or celery; very small portion

A baked white potato—eat skins and all

(A cup of very thin cocoa may be taken, if something hot is desired; however, pure water would be preferable)

Just before retiring, devote from three to four minutes to the above-prescribed exercises. The lungs should be inflated to their extreme capacity. Do not carry any of these exercises, however, to a point beyond ordinary fatigue. Divide the exercise period, both night and morning, into three or four two-minute heats.

Exercise and deep breathing are second in importance to diet, and should be taken daily, night and morning.

Drink from one to two glasses of water at each meal, but do not take water into the mouth until mastication is perfect.

SECOND DAY: The same as the first, slightly increasing the quantity of food until normal hunger is satisfied.

THIRD DAY: Practically the same as the first, varying the luncheon according to hunger. The luncheon may consist of any one or two fresh vegetables, such as carrots, turnips, beets, baked white or sweet potatoes.

FOURTH DAY:

BREAKFAST

A cup of hot water
 A sweet potato or two bran meal gems
 Two or three tablespoonfuls of wheat bran,
 with thin cream

LUNCHEON

Boiled onions
 A baked potato
 Choice of fish or an egg

Eat a pound of grapes ten minutes after this meal. The skins may be eliminated, but swallow the seeds and pulp. If grapes cannot be obtained, the juice of a sweet orange may be taken.

DINNER

String beans or spinach, with egg, and a liberal piece of Bermuda or Spanish onion, uncooked (The onions and the beans should be made exceedingly hot with red pepper)
 A baked sweet or a white potato
 A small piece of corn bread, with one-half glass of buttermilk

From one to two glasses of water should be drunk at each of these meals.

Just before retiring, devote from three to five minutes to the exercises prescribed for the first day.

FIFTH DAY: The same as the fourth, slightly increasing the quantity of food if there is a return of normal hunger; if not, continue to follow the diet as herein given, until natural hunger is felt.

SIXTH DAY: The same as the first, repeating the diet from eighteen to twenty days.

SPRING MENU

*WEAK DIGESTION—NERVOUSNESS
SLIGHT ECZEMA*

The following menus for spring, summer and fall are laid out on the two-meal-a-day plan. In addition to the purposes named in the heading, they are designed to promote vitality and endurance, thus enabling one to meet the requirements of hot weather.

In order to aid the body in appropriating all the nourishment these menus contain, one should take, each day, at least one hour's vigorous exercise and deep breathing.

MENU I

MENU II

BREAKFAST

One or two very ripe
bananas baked in a cas-
serole dish; eat with
Tunis dates and thin
cream

One whole egg, whipped
Half a glass of milk

Peaches or cherries
One whole egg
Steamed wheat—well
cooked; serve with thin
cream

A very ripe banana with
Tunis dates, cream, and
nuts

DINNER

Two vegetables—choice of peas, beans, asparagus, onions, or beets	A salad Peas in the pod (see recipe, page 679)
A baked potato	A white potato, baked
A very small portion of either fish or white meat of chicken	A small portion of ice- cream (optional)

One or two glasses of water should be drunk at each of the dinner meals.

If constipated, two or three tablespoonfuls of wheat bran should be taken about twice a week with both the morning and the evening meal. This could be cooked five minutes, and may be made very palatable if eaten with a spoonful of cream.

SUMMER MENU

*WEAK DIGESTION—NERVOUSNESS
SLIGHT ECZEMA*

MENU I

MENU II

BREAKFAST

(About 9:30)

Very ripe peaches—no sugar	A cup of hot water
A cup of hot water	One whipped egg
Whole wheat, cooked very thoroughly	A portion of gelatin, with cream
A medium-sized baked potato, with butter	

DINNER

(About 5:30)

Fresh peas, and either beans or asparagus	Two of the following vegetables—peas, beans, asparagus, boiled onions, spinach, or carrots
Baked potatoes or tender corn	A baked potato
One whole egg or an omelet—Spanish style	Half a glass of buttermilk, with one egg white whipped into it
One glass of water	One glass of water

Just before retiring, drink a cup of hot water, and take two tablespoonfuls of bran.

FALL MENU

WEAK DIGESTION—NERVOUSNESS
SLIGHT ECZEMA

MENU I

MENU II

BREAKFAST

A very ripe banana with soaked prunes	Fruit—choice
One dessert-spoonful of nuts —choice	Two tablespoonfuls of nuts —choice
One or two spoonfuls of steamed whole wheat	Two very ripe baked ba- nanas, with cream and nut butter
Two eggs—prepared choice	One egg
A glass of water	One or two glasses of milk
	Wheat bran

DINNER

Two or three fresh vege- tables	Choice of two fresh vege- tables
Tender corn	A baked sweet or a white potato
A baked sweet or a white potato	A salad—lettuce or celery
Junket or gelatin	A small portion of ice-cream

All sweets may be omitted if they do not appeal especially to the taste, and other foods proportionately increased.

If there is a tendency toward sour stomach or intestinal gas, all fruit except bananas should be omitted.

WINTER MENU

WEAK DIGESTION—NERVOUSNESS
SLIGHT ECZEMA

BREAKFAST

(Very light)

California grapes, or the strained juice of a sweet orange

A baked sweet potato, with butter

A cup of hot water into which put a spoonful of sugar and two tablespoonfuls of cream

LUNCHEON

Choice of the following:

- a Three whipped eggs. Add a tablespoonful each of sugar and lemon juice
- b A bowl of clabbered milk, with a sprinkle of sugar

A cup of hot water, with sugar and cream

DINNER

Boiled onions, and either cabbage or carrots

One egg, or an omelet

A baked potato

A cup of hot water or cocoa

If small portions of the above foods are eaten, two egg whites and one yolk may be taken at the close of the evening meal. (See recipe, Vol. III, p. 678). This makes an excellent dessert, delegating to the body much warmth, and aiding in the general digestion of other foods.

MENUS FOR APPENDICITIS

SPRING MENU

APPENDICITIS

BREAKFAST

A cup of hot water

Two tablespoonfuls of wheat bran, cooked thirty minutes; serve with thin cream

A portion of prunes, soaked in clear hot water until soft

A small, baked potato

LUNCHEON

Peas in the pod

A cup of hot water

DINNER

Peas or asparagus

Carrots or turnips

A potato

A spoonful of bran

SUMMER MENU

APPENDICITIS

Just after rising take a tablespoonful of olive-oil and a cup of hot water.

BREAKFAST

A cantaloup
A tablespoonful of wheat bran, well cooked
An egg
A new potato, baked
A glass of water

LUNCHEON

Lettuce or spinach
Boiled onions and carrots
Wheat bran

DINNER

A salad of lettuce, with nuts
Spinach, string beans, or new peas
A potato
Two tablespoonfuls of bran

FALL MENU

APPENDICITIS

On rising one-half pound of Concord grapes.

BREAKFAST

A small portion of whole wheat, well cooked;
serve with thin cream
Two egg whites, lightly poached
A tablespoonful of wheat bran

LUNCHEON

Celery hearts
A baked potato
Wheat bran, with cream

DINNER

Bran meal gems
Parsnips, en casserole
Onions, en casserole
A potato

A cup of hot water and a tablespoonful of olive-oil may be taken before each of these meals.

WINTER MENU

APPENDICITIS

BREAKFAST

A cup of hot water
Soaked prunes
Bran meal gems, with nuts
A baked banana

LUNCHEON

Winter squash or stewed pumpkin
A tablespoonful of bran

DINNER

A Spanish onion, en casserole
Carrots or parsnips
Bran meal gems or a potato
(An hour after this meal, drink half a glass of
prune juice)

In cases of appendicitis the following articles should be omitted: Tea, coffee, tobacco, all stimulants and intoxicants, white bread, rice, oatmeal, cornbread, sweets and confections of every kind.

**MENUS FOR THE PREGNANT WOMAN AND FOR
THE NURSING MOTHER****IMPORTANCE OF FOOD DURING PREGNANCY**

There is nothing so important, or that wields so much influence over the comfort, the health, and the life of the pregnant woman as her food, and there is nothing, perhaps, to which she gives so little attention.

The diet of the prospective mother, of course, governs her digestion and assimilation of food, and elimination of waste matter from the body. These things control her health almost completely, and inasmuch as all mental conditions are principally governed by health, the intellectual faculties of the child are shaped largely by the condition of the mother's digestion. It is obvious, therefore, that the health of the mother and the entire future of the child depend more upon her diet during pregnancy than upon any other one thing.

During pregnancy the prospective mother should avoid all such articles of food as she would withhold from her baby after birth. This would eliminate from her diet meat, condiments, sweets, especially pastries and rich desserts; tea, coffee, and all stimulating and intoxicating beverages.

The pregnant woman should balance her diet carefully as to the proportion of proteids, carbohydrates, fats, and mineral salts.

As leading foods containing these nutrients, I would recommend the following:

PROTEIDS	CARBOHY- DRATES	FATS	VEGETABLES RICH IN MINERAL SALTS
Milk	Potatoes	Nuts	Lettuce
Eggs	Wheat (whole)	Butter	Celery
Pine nuts	Corn	Cream	Carrots
Peanuts	Rice	Olive-oil	Parsnips .
Cheese	Oats	Cream cheese	Onions
Fish	Dried beans		Beets

Fowl	Dried peas	Fresh beans
Dried beans	Chestnuts	Fresh peas
Dried peas	Honey	Okra
Cream cheese	Sugar	Eggplant
	Sirups	Turnips
		Cauliflower

Some articles are listed under two headings. This is because they are rich in both classes of nutrition.

The amount of grain products eaten by the prospective mother should be somewhat limited, ranging between four and eight ounces a day, governed by work or activity. Cereals, especially corn, rice, and oats, are rich in phosphate of lime, which is the bone-making or structural food. While enough of this should be eaten to give the child sufficient bone-building material, too much makes birth difficult, and sometimes fatal.

The following menus contain suggestions as to the selections, combinations, and proportions of food that would compose a healthy bill of fare for both mother and child for the several seasons of the year:

SPRING MENU
FOR THE PREGNANT WOMAN

BREAKFAST

Two eggs, cooked two minutes
One whole-wheat muffin
A glass or two of rich milk

LUNCHEON

Peas, asparagus, or turnips
Potatoes—two medium-sized
One pint of clabbered milk

DINNER

Vegetable soup
Any two fresh vegetables named in the list above
A potato
Milk or a very small portion of fish

If constipated, take wheat bran at both the morning and the evening meal.

SUMMER MENU
FOR THE PREGNANT WOMAN

BREAKFAST

Cantaloup
Three or four egg whites and one yolk
Whole wheat, boiled; serve with butter or
cream
A glass or two of milk

LUNCHEON

String beans, peas, or asparagus
Tender corn or a potato
Milk

DINNER

Vegetable soup
Two green vegetables; selection from list given
above
Corn, lima beans, or a potato
Milk or tender fish
A small portion of ice-cream (optional)

FALL MENU
FOR THE PREGNANT WOMAN

BREAKFAST

Cantaloup or pears
Rice, with cream
Milk
Two tablespoonfuls of wheat bran

LUNCHEON

Celery
Turnips or cauliflower
Fish or fowl
A potato

DINNER

A light vegetable soup
Lettuce, or celery, with nuts
Two fresh vegetables
A baked potato
Cheese, raisins, and nuts

WINTER MENU
FOR THE PREGNANT WOMAN

BREAKFAST

Two or three baked bananas, with cream
(See recipe, p. 677)

Two eggs or two glasses of milk

Oatmeal—a small portion

LUNCHEON

A sweet potato

Two or three glasses of milk

DINNER

Cream of rice soup

Two fresh vegetables

A potato or bran meal gems

Milk or cheese

Nuts and raisins

THE NURSING MOTHER**SUGGESTIONS FOR THE DIET**

The nursing mother should omit all acid fruits, pickles, and condiments containing vinegar. She should eat sparingly of sweets, especially of the pastry and soda-fountain variety. She should omit such vegetables as radishes, cucumbers, cabbage, and sourcroust.

Fresh corn and dried beans often produce serious intestinal trouble in the young child. Eggs should never be eaten when there is the slightest fever.

The diet of the nursing mother should be confined chiefly to the more readily digestible foods such as are named in the menus which follow.

SUGGESTIONS FOR NURSING

The mother should remember that her baby should never be nursed when she is

tired, fatigued, overheated, angry, frightened, excited, or laboring under any mental disturbance. Both her mental and her physical condition are instantly conveyed to the child, through her milk, often in exaggerated form. Children are sometimes thrown into convulsions by nursing the breast of an excited mother.

SUGGESTIONS FOR RELIEVING INTESTINAL CONGESTION

If either mother or child has a tendency toward intestinal congestion (constipation), the mother should take wheat bran, thoroughly cooked, with both the morning and the evening meal; or, a few drops of prune juice, given to the child, will often relieve this condition, while affording an excellent source of nourishment.

SPRING MENU
FOR THE NURSING MOTHER

BREAKFAST

Plain boiled wheat, with cream
Fresh milk
A baked potato or a baked banana

LUNCHEON

Fresh milk or eggs; milk preferred
Corn bread or bran meal gems
Onions, en casserole

DINNER

Cream of corn soup
Spinach or turnip greens
A potato, peas, or asparagus
Plain gelatin, with cream

SUMMER MENU
FOR THE NURSING MOTHER

BREAKFAST

Cantaloup or a very ripe, sweet peach
One egg
Flaked wheat, very thoroughly cooked
A glass or two of milk

LUNCHEON

Vegetable soup
Corn bread or bran gems
Carrots, parsnips, or squash
Fresh milk
A potato

DINNER

Fresh peas, beans, squash, asparagus, or beets
A baked potato
Milk
A whole wheat gem

FALL MENU
FOR THE NURSING MOTHER

BREAKFAST

Cantaloup or a very ripe banana, with cream
and figs
Boiled rice or whole wheat
Milk

LUNCHEON

Soup—cream of corn, peas, or rice
Broiled fish
A baked potato

DINNER

Celery, or lettuce, with nuts
Fresh beans, turnips, carrots, or squash
Corn bread or a baked potato
Milk or cocoa

WINTER MENU
FOR THE NURSING MOTHER

BREAKFAST

A dish of cereal, well cooked—simmered over
night

Eggs or milk

Whole wheat gems or a corn muffin

LUNCHEON

Vegetable or cream soup

Winter squash or carrots

A sweet or a white potato

Milk

DINNER

Parsnips, turnips, or squash

A potato

Bran gems

Milk

(Egg custard, if something sweet is desired)

MISCELLANEOUS MENUS

SPRING MENU

WEAK DIGESTION (ALMOST INVALID) .

On rising, drink a cup of hot water.
Take deep breathing before an open window, and such exercises as the patient is able to perform.

LATE BREAKFAST

Choice of the following:

a Baked bananas—very ripe

b Baked omelet, served very rare (For
recipe, see p. 678)

A cup of hot water

LUNCHEON

A cup of vegetable juice from peas or asparagus
(See recipe, p. 680)

DINNER

Vegetable juice

Peas or asparagus

A baked potato

As digestion becomes stronger, the quantity of food may be increased, and a puree of carrots, turnips, parsnips, or squash added in limited quantities.

RECIPE FOR VEGETABLE JUICE

Grind vegetables fine, cover with water, cook ten to fifteen minutes, drain off the juice or water and serve.

SUMMER MENU

WEAK DIGESTION (ALMOST INVALID)

On rising, drink two cups of water and eat one very ripe peach. Take deep breathing and such exercises as will not cause too much fatigue.

LATE BREAKFAST

A cup of hot water

Very ripe cantaloup, masticated exceedingly fine

Three or four egg whites, whipped thoroughly; add a dessert-spoonful of sugar while whipping

A baked white potato

LUNCHEON

Vegetable juice (See recipe, p. 1047)

DINNER

Cantaloup or watermelon, discarding the pulp

Summer squash, or purée of tender peas or beans

A cup of vegetable juice

One or two egg whites

FALL MENU

WEAK DIGESTION (ALMOST INVALID)

Immediately on rising, drink a cup of hot water. Take exercise and deep breathing, if possible.

BREAKFAST

- A cup of hot water
- Two egg whites, whipped, and mixed with a cup of lukewarm milk
- One or two small, baked potatoes, eaten with fresh butter

LUNCHEON

- A cup of hot water
- A large boiled onion
- A baked potato
- One vegetable, such as carrots or parsnips, put through a colander

DINNER

- A cup of hot water
- A baked potato
- A boiled onion or any other fresh vegetable
- Vegetable juice or purée (See recipe, p. 680)

This menu is for the purpose of building tissue. It contains enough carbohydrate matter to give a reasonable amount of fat and bodily warmth, provided it can be assimilated. Eggs are an excellent proteid food, when taken uncooked, whipped with a very little sugar. The number may be increased as digestion improves.

WINTER MENU

WEAK DIGESTION (ALMOST INVALID)

On rising, drink a cup of hot water, and devote a few minutes to deep breathing and such exercises as can be taken.

LATE BREAKFAST

A cup of hot water

Choice of the following:

- a An extremely ripe banana, peeled, and baked in a very hot oven
- b A baked potato, with butter

LUNCHEON

A baked omelet (See recipe, p. 678)

DINNER

Soup—cream of pea or celery; very small portion

A whipped egg or shad roe

A small baked potato

If the bowels should become slightly constipated, a spoonful of wheat bran,

thoroughly cooked, and served as an ordinary cereal, should be taken with both the morning and the evening meal.

The quantity of food should be governed by the condition of the patient as to strength, and as to powers of digestion and assimilation.

SPRING MENU

*BUILDING UP THE NERVOUS SYSTEM
INCREASING VITALITY*

On rising, drink two glasses of water, eat a little of some juicy fruit, and devote as much time as possible to vigorous deep breathing exercises before dressing. In taking these movements, inflate the lungs to their fullest capacity, and hold the breath for half a minute while executing one or two movements. In this way the cell capacity of the lungs can, in many instances, be doubled. Large lung capacity is of primary importance in cases of nervousness.

Choice of the following menus:

MENU I**MENU II****BREAKFAST**

Half a cup of boiled wheat,
with cream and nuts
Two "dead ripe" bananas,
baked, eaten with thin
cream and three or four
Tunis dates (The dates
may be omitted, if de-
sired)
A cup of sassafras tea, or
cocoa

Cherries or berries with
sugar and cream
One whole egg, eaten with
a new potato
A small portion of wheat
flakes, eaten with cream
or butter
One very ripe banana, with
three or four dates, or an
equivalent quantity of
raisins
A cup of sassafras tea, or
cocoa

LUNCHEON

One vegetable—choice of
boiled onions, carrots, or
spinach
A baked potato
One glass of buttermilk

(To be taken in the office)
Two extremely ripe bana-
nas, with nuts or raisins
Cream cheese with dates

DINNER

A salad, if desired
Two of the following vege-
tables:
Asparagus Beans
Boiled onions Peas
Baked new white potatoes
One or two gems made from
corn-meal or wheat bran
Half a glass of buttermilk

A green salad
Two of the following vege-
tables:
Beans Peas
Beets Spinach
Boiled onions
An egg, junket, or a very
small portion of fish
A baked white potato—eat
skins and all

About two glasses of water should be drunk at each of these meals—half a glass at the beginning, a glass during the progress of the meal, and half a glass at the close.

These meals are rather liberal, and if there should be the slightest fullness experienced after eating, the quantity should be reduced. The breakfasts are light, and one might add slightly to them if they do not satisfy normal hunger.

Mastication should be perfect. Eating should be very deliberate. Avoid heavy reading or earnest conversation while eating; these disturb the flow of saliva and prevent thorough mastication.

A cup of wheat bran, well cooked, should be taken with the morning and the evening meal about twice or three times a week.

A glass of water and the juice of a sweet orange may be taken just before retiring, and exercises as prescribed.

SUMMER MENU

*BUILDING UP THE NERVOUS SYSTEM
INCREASING VITALITY*

BREAKFAST

A melon or peaches
Two or three tablespoonfuls of nuts
One very ripe banana—red variety
A baked sweet potato
One egg, either cooked two minutes, or whipped
with a little sugar and lemon juice

LUNCHEON

One fresh vegetable—beans, beets, or corn
A baked sweet or a white potato
A glass of milk; buttermilk preferred
A melon or very ripe peaches

DINNER

A small green salad, with oil
Lima beans, okra, or corn
A baked potato
Figs, with cream and nuts

SUPPLEMENTARY DINNER

If there is a desire for something salty or more pungent in taste and flavor, the following menu may be used:

Fish or chicken
A potato
A fruit salad
Ice-cream—home-made

If the two-meal-a-day plan is desired, luncheon may be omitted entirely, and the proportions composing the morning meal slightly increased.

FALL MENU

***BUILDING UP THE NERVOUS SYSTEM
INCREASING VITALITY***

Choice of the following menus:

MENU I

MENU II

BREAKFAST

A cantaloup or peaches
A small portion of boiled
whole wheat, with cream
Two tablespoonfuls of nuts
with cream and figs
One egg, either whipped
or cooked two minutes

One or two red bananas,
eaten with soaked prunes
and cream
A liberal portion of gelatin
—very little sugar

LUNCHEON

An ear or two of tender corn
A baked sweet potato
Nuts and raisins, with cream

One fresh vegetable—
choice
One egg, cooked two min-
utes
A baked potato or baked
beans

DINNER

Endive or celery	Fish or lobster—a very
Lima beans and corn	small portion
Whole wheat bread with	A baked potato
butter	A fruit salad
A cantaloup	Corn bread
	Two egg whites, whipped
	with a particle of sugar
	and eaten with gelatin

WINTER MENU

***BUILDING UP THE NERVOUS SYSTEM
INCREASING VITALITY***

BREAKFAST

A very little sweet juicy fruit—winter pears
or grapes

One egg, prepared choice

One or two exceedingly ripe bananas, baked,
eaten with cream, dates, figs, or raisins

A cup or two of cocoa

LUNCHEON

Any one or two fresh vegetables, such as:

Beans

Peas

Carrots

Squash

Onions

Turnips

A slice of coarse bread, or preferably a baked
sweet or white potato

DINNER

One or two fresh vegetables

Choice of eggs or fish; eggs preferred

A green salad

A few nuts

One extremely ripe banana, with cream

Gelatin, with cream

SPRING MENU
FOR AGED PERSON
BUILDING UP GENERAL HEALTH

FIRST DAY:

BREAKFAST

A full glass of cool water
A cup of junket, unsweetened
One whole egg, lightly poached
A very small, baked white potato
A cup of hot water

LUNCHEON

A large, boiled Spanish onion
A very rare omelet or a potato
A cup of hot water

DINNER

Green peas, served in the pod
A boiled onion
Steamed rice
Two egg whites, whipped, served with a glass of
fresh milk

Just before retiring, drink half a glass of water, and devote from three to five minutes to some of the exercises shown in Vol. V, pp. 1343 to 1346. Give special attention to deep breathing.

SECOND DAY: Same as the first, slightly increasing the quantity of food, if the quantity named does not seem sufficient.

THIRD DAY:

BREAKFAST

Oatmeal simmered over night
Two extremely ripe bananas, baked, eaten with
thin cream
Raisins, nut butter, and cream

LUNCHEON

A small portion of asparagus or green peas, with
a baked white potato
A cup of junket

DINNER

Asparagus, green peas, or beans
Fish, white meat of chicken, or whipped
eggs
A potato

From one and one-half to two glasses of cool water should be drunk at each of the above meals, or, if preferred, a cup or two of hot water.

Just before retiring, take vigorous deep breathing exercises.

FOURTH DAY: Same as the third, varying the menus by changing vegetables or fruits.

FIFTH DAY: Same as the first, repeating these menus so long as they appeal to the taste and satisfy normal hunger.

SUMMER MENU

FOR AGED PERSON

BUILDING UP GENERAL HEALTH

BREAKFAST

Peaches or cantaloup
Corn hominy, with cream
Two glasses of milk

LUNCHEON

Spinach or lettuce
Lima beans or boiled corn
A potato—sweet or white

DINNER

One fresh vegetable—choice
Buttermilk or fish
A potato
Sliced peaches or a melon

Where milk is not prescribed, I would advise drinking from one to two glasses of water at each meal.

Masticate every atom of food to extreme fineness.

FALL MENU

FOR AGED PERSON

BUILDING UP GENERAL HEALTH

BREAKFAST

A baked apple or soaked prunes
One extremely ripe banana
Plain wheat, boiled until the grains burst open
A pint of rich milk
Half a cup of wheat bran, cooked

LUNCHEON

A baked potato or baked beans
Cooked spinach or a morsel of anything green
in the way of a salad
One fresh vegetable—carrots, string beans,
parsnips, squash, or onions. String beans, with a
Spanish onion, preferred

DINNER

Vegetable soup
A potato
Carrots, parsnips, or beans
Junket or gelatin

**The following are emergency meals
which may be taken once or twice a
week:**

EMERGENCY BREAKFAST

Whole wheat gems

A pint of milk

A cup of cocoa

(Inasmuch as milk, in small quantities, may be constipating, some bran should be taken at this meal)

EMERGENCY DINNER

Choice of the following:

- a Tender fish, with baked or mashed potatoes (If something sweet is desired a very simple dessert, such as plain ice-cream, may be eaten)**
- b Chicken or turkey
Mashed or baked potatoes
A cup of chocolate**

WINTER MENU

*FOR AGED PERSON
BUILDING UP GENERAL HEALTH*

BREAKFAST

A cup of hot water

A few Malaga grapes or the juice of a very sweet orange

Two medium-sized, baked sweet potatoes, eaten with butter

A glass of clabbered milk, or a cup of junket, with very little sugar

A small portion of wheat bran

LUNCHEON

A small quantity of something green—endive, lettuce, or celery, eaten with nuts, oil, and a very little salt

Boiled onions, carrots, or parsnips

A baked potato

A liberal portion of gelatin

A cup of hot water

DINNER

Spinach, or a salad with oil

Turnips, beets, carrots, parsnips—any two of these

A baked potato, with baked beans or rice

A portion of junket, fish, or chicken

A portion of gelatin, with cream—optional

SPRING MENU

STRENGTH AND ENDURANCE
(*HEALTHY PERSON*)

BREAKFAST

Half a glass of water
Choice of fruit—a small portion
Gems, cakes, or muffins made from coarse corn-meal or bran meal; serve with butter
A red banana, with cream, nuts, and raisins
Milk

LUNCHEON

Peas, beans, or lentils—dried
One green vegetable
Corn bread and butter
Buttermilk

DINNER

Cabbage, celery, lettuce, or romaine, with oil
One or two fresh vegetables—peas, potatoes, etc.
An egg, milk, fish, or gelatin—any two of these proteid foods
Rice, with honey, or raisins with cream, if something sweet is desired

Sufficient wheat bran should be taken to keep the bowels in normal condition.

SUMMER MENU

***STRENGTH AND ENDURANCE
(HEALTHY PERSON)***

BREAKFAST

Peaches, plums, cantaloup, or berries
Steamed corn, scraped from the cob. Recook
lightly with whipped egg, stirring constantly
A peeled banana, baked—cream

LUNCHEON

Okra, beets, or eggplant
Salad—tomato, cucumber, and lettuce
Peas or corn
A potato—sweet or white

NOTE: The salad, with one vegetable,
is sufficient if one is not engaged in stren-
uous work.

DINNER

Salad—green
Rice or corn hominy
One or two fresh vegetables
Buttermilk, junket, or fresh eggs
Cantaloup, melon, or peaches

FALL MENU

STRENGTH AND ENDURANCE
(HEALTHY PERSON)

The following menus should be adhered to for about thirty days, choosing such vegetables from the selections named as appeal most to the taste.

Choice of either set of menus may be made; that is, Menu I may be followed by Menu II at noon, returning to Menu I for dinner and so on:

MENU I

MENU II

BREAKFAST

Two eggs, cooked very lightly
A small portion of boiled rice or whole wheat, eaten with cream and a very little salt
A cup of wheat bran, with cream

Choice of the following:
a Two medium-sized sweet or white potatoes, eaten with butter or cream
b Corn muffins, or corn hominy, with either cream or fresh butter
Two eggs, cooked two minutes

LUNCHEON

A large, boiled onion	Gems or whole wheat bread
A liberal portion of baked beans	A pint of rich milk
	Half a cup of wheat bran

DINNER

Choice of two of the following vegetables:	Baked navy or lima beans
Carrots Parsnips	A baked white potato
Beets Stewed pumpkin	A green salad—a very small portion
A boiled white potato	One fresh vegetable
Choice—fish, buttermilk, or eggs	A glass of buttermilk
Half a cup of wheat bran	

If something sweet is desired, plain ice-cream, egg custard, or gelatin may be eaten at either of the evening meals.

From one to two glasses of water should be drunk at each of these meals.

A cup of sassafras tea may be taken at breakfast. See recipe, Vol. III, p. 681.

WINTER MENU

STRENGTH AND ENDURANCE
(HEALTHY PERSON)

BREAKFAST

California grapes or soaked prunes
Two eggs—prepared choice
Muffins of coarse cereal meal—butter

LUNCHEON

Corn hominy, with butter
Figs, cream, nuts

DINNER

Bean or pea soup
Whole wheat bread
Turnips, carrots, or onions
Potatoes or rice
Choice of eggs, fish, chicken, buttermilk
Gelatin or junket
Nuts, raisins, or cheese, with hard cracker

SPRING MENU***MALASSIMILATION AND AUTOINTOXICATION***

Manual labor or physical exercise is almost as important in these conditions as diet, therefore at least two hours during the day should be devoted to labor or vigorous motion of some kind, preferably useful labor, such as wood-chopping or cultivating the soil.

BREAKFAST

A bran meal gem or boiled whole wheat
One very ripe banana, baked in a very hot oven;
eat with a very little butter or cream
Half a glass of rich milk
A spoonful of nut-meats

LUNCHEON

One fresh vegetable—choice; or a vegetable salad
Boiled corn, or hominy, with either butter or cream
A small portion of wheat bran

DINNER

A fresh green salad

Any fresh vegetable in season

A new baked potato

One egg, cooked two minutes, or a glass of
kuymiss

If there is a slight tendency toward constipation, a tablespoonful of wheat bran should be taken immediately on rising and just before retiring. This may be taken cooked as an ordinary cereal, or uncooked in hot water.

SUMMER MENU

MALASSIMILATION AND AUTOINTOXICATION

**Vigorous exercise and water-drinking
before breakfast.**

BREAKFAST

A melon or a very ripe peach
A banana, with cream and figs—very ripe
A liberal portion of nuts
A glass or two of milk

NOTE: The nuts should be masticated
exceedingly fine.

LUNCHEON

Two fresh vegetables, such as:

Asparagus	Eggplant
Beans	Okra
Carrots	Peas
Corn	

A potato, prepared choice, except fried
A small green salad

DINNER

A light vegetable soup
Choice of:

Asparagus	Onions
Beans	Peas
Beets	Spinach

Corn or a baked potato
 Very tender fish, game, or chicken, if flesh food
 or something salty is desired

If the weather is extremely warm, all fat foods should be reduced to the minimum, and an abundance of water drunk both at meals and between meals.

At least an hour during the day should be devoted to moderate exercise and deep breathing.

In all conditions of malassimilation, there is more or less autointoxication. If the diet has been leveled or balanced, the next most important thing is exercise. The best balanced menus will not be effective in removing the causes of these conditions unless there is sufficient time devoted to exercise to create natural hunger.

FALL MENU

MALASSIMILATION AND AUTOINTOXICATION

BREAKFAST

A bunch of grapes (Thoroughly masticate the skins, swallowing the seeds and pulp whole)

Two eggs or one glass of buttermilk

A small, baked potato, sweet or white, with fresh butter

A cup of hot water or chocolate

LUNCHEON

One fresh vegetable—carrots, parsnips, squash, or boiled onions

A baked potato

A glass of buttermilk

A cup of hot water

NOTE: If the occupation is sedative, the milk should be omitted.

DINNER

Cooked spinach or a very small portion of green salad

Fish, chicken, or buttermilk

A baked potato

Boiled onions, or any fresh vegetable

Corn or corn bread

A cup of hot water

Every atom of solid food herein named should be masticated to infinite fineness. Do not overeat; eat slowly and do not engage in animated conversation while eating.

Every morning and every evening, immediately on rising and just before retiring, devote from three to five minutes to vigorous deep breathing exercises.

If the bowels are constipated, take a tablespoonful of wheat bran on rising; also a small bunch of grapes and a glass of water. Take a spoonful or two of wheat bran, cooked, with the breakfast and evening meals, and another spoonful in hot water just before retiring.

The quantity of bran taken should be governed by the severity of the condition. When the bowels are once regulated, the quantity may be modified, or perhaps omitted entirely.

WINTER MENU

MALASSIMILATION AND AUTOINTOXICATION

**On rising, drink two cups of hot water.
This should be followed by vigorous
exercise in a thoroughly ventilated room.**

BREAKFAST

**The strained juice of a sweet orange (Florida
seedling preferred)**

**Two eggs, whipped very thoroughly, to which
add one glass of milk and a tablespoonful each of
sugar and of lemon juice**

Half a cup of wheat bran

LUNCHEON

A liberal portion of baked beans

A cup of hot water or cocoa

DINNER

**Carrots, parsnips, squash, or pumpkin—any
two of these**

Celery or slaw

**A very rare omelet, rolled in grated nuts and
cream**

A baked potato

SPRING MENU

NO APPETITE

A very sharp distinction should be drawn between appetite and hunger. Appetite is a cultivated desire expressed through a sense of CRAVING. Hunger is the normal demand for food, expressed through the salivary glands. Appetite is the desire for liquor, coffee, tobacco, morphin, etc., and for food when one habitually overeats. It is expressed by an empty feeling or craving in the stomach, while hunger is felt only in the salivary glands, and in the region of the throat and the mouth. Appetite weakens the body; hunger stimulates thought and action.

Normal hunger can be produced by limiting the quantity of food below the actual needs of the body, for three or four days, or perhaps a week.

When normal hunger returns, the quantity may be increased, but the combinations should be observed for a week or two.

The following are limited menus composed of foods that will produce hunger after the third or fourth day:

On rising, devote at least five minutes to vigorous deep breathing exercise before an open window, or in the open air. Take a bit of juicy fruit and a glass of water.

BREAKFAST

Cherries or berries (very ripe); neither cream nor sugar

A banana, very ripe, eaten with two egg whites, thoroughly whipped, and a very little thin cream

LUNCHEON

A green salad

One fresh vegetable; peas or asparagus preferred

A new potato

DINNER

A green salad, with nuts

Two fresh vegetables

A whipped egg or a cup of junket

It may be well to omit the noon meal for the first three or four days.

If there is the slightest tendency toward constipation, a tablespoonful or two of wheat bran, cooked, should be taken at both the morning and the evening meal.

A glass of water should be drunk just before retiring, and at least ten minutes devoted to exercise and deep breathing.

As appetite returns, the quantity of food may be increased, and a few heavier articles added, such as coarse cereal for breakfast, and a bit of fish or an omelet for dinner.

SUMMER MENU

NO APPETITE

A cup of water and a very ripe peach or plum followed by vigorous deep breathing exercises, immediately after rising.

BREAKFAST

**Melon or peaches, with a very little cream
Tender ear of boiled corn, scraped from the cob,
and served with butter or a spoonful of cream**

LUNCHEON

**Lettuce and tomato salad, with grated nuts and
dressing
Corn or beans**

DINNER

**Cucumber and lettuce salad, with dressing
Summer squash
Lima beans
Melon**

FALL MENU

NO APPETITE

BREAKFAST

A cup of hot water

A bunch of grapes or a baked apple, without sugar

One extremely ripe banana, eaten with cream, figs, and nuts

LUNCHEON

A large Spanish onion, boiled

A baked potato (The potato should be made very hot with red pepper)

DINNER

Anything green, in the way of a salad, or a bit of spinach, cooked

A bran meal gem—fresh butter; or a baked potato

One extremely ripe banana, with cream and nuts

A bunch of grapes an hour after eating.

WINTER MENU

NO APPETITE

On rising, take the juice of an orange, a glass of water, and such exercises as have been already prescribed in the Spring Menu.

BREAKFAST

A teaspoonful of olive-oil
 A pint of clabbered milk or junket
 Half a cup of wheat bran, cooked, served with
 cream
 One egg, either whipped or coddled

LUNCHEON

Soup, either vegetable or cream of tomato
 A small piece of a crisp cracker
 A tablespoonful of olive-oil

DINNER

Two or three bananas, peeled, and baked in a hot oven; eat with one whipped egg, to which might be added a very little whipped cream
 A glass of rich milk
 Half a cup of wheat bran

A glass of cool water or a cup of hot water should be drunk at each of these meals, and, as the appetite becomes normal, the egg and the milk products may be increased, and the heavier vegetables, such as sweet potatoes, baked beans, corn hominy, and plain boiled wheat may be added.

SPRING MENU

ATHLETIC DIET

An orange or an apple, on rising

BREAKFAST

**Plain wheat, boiled
Eggs or buttermilk
Nuts and raisins**

LUNCHEON

**Lettuce and tomatoes, with oil
Corn bread or corn hominy
Baked beans, with butter**

DINNER

**Soup—cream of rice or corn
Peas, asparagus, or carrots
A potato
Baked beans or lentils
A red banana, with raisins and cream**

SUMMER MENU

ATHLETIC DIET

Berries, melon, or peaches, on rising

BREAKFAST

Three or four whipped eggs; add sugar to taste, and flavor with fruit-juices

A pint of milk

A corn muffin or a small portion of coarse cereal—flaked wheat

LUNCHEON

Fresh corn or shelled beans

Buttermilk

Raisins and nuts

Peaches and cream

DINNER

A small salad

Choice of one fresh vegetable:

Beans

Peas

Lentils

Corn bread

A sweet potato

Cottage cheese and either raisins or currants

Nuts

Plain ice-cream

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FALL MENU

ATHLETIC DIET

Grapes, melons, or pears, on rising

BREAKFAST

**Corn hominy or steamed barley; serve with
butter or cream**

A pint of milk

A red banana, with cream, figs, and nuts

LUNCHEON

Lentil soup

Sweet potatoes, with butter

Whole wheat bread

Dates, cream cheese, and nuts

DINNER

A salad of lettuce, tomatoes, and nuts

Green corn

Onions, en casserole

**Rice steamed with raisins; serve with butter or
cream**

WINTER MENU

ATHLETIC DIET

An orange, on rising

BREAKFAST

Baked chestnuts, with butter

Two or three eggs, whipped; add sugar to taste

A whole wheat muffin

A banana, with dates and cream

LUNCHEON

Baked beans

Milk

DINNER

Soup—cream of pea or corn

Squash or stewed pumpkin

Fish or an omelet

Corn bread, with butter or oil

Ripe olives, celery, nuts, and raisins

The primary purpose of fat in the diet is to produce body-heat. About three ounces of fat will maintain normal heat in the average-sized body for a period

of twenty-four hours. The amount of fat taken by the athlete should be governed by exposure and temperature of the atmosphere.

The best sources of fat are butter, nuts, and salad oil.

SPRING MENU

ATHLETIC DIET (CHIEFLY UNCOOKED)

BREAKFAST

Berries or cherries

Three or four eggs, whipped eight minutes—
sugar to taste; flavor of lemon or pineapple juice.
Add a pint of milk, after whipping

Very ripe bananas, with cream, nuts, and
raisins

LUNCHEON

A green salad, with oil

Boiled wheat, corn hominy, or rice

Asparagus, onions, or peas

Nuts, raisins, cream cheese

DINNER

Boiled wheat

Three or four eggs, prepared as for breakfast

Ice-cream, plain

Wheat bran

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SUMMER MENU ***ATHLETIC DIET (CHIEFLY UNCOOKED)***

BREAKFAST

Melon or peaches
A pint of junket or clabbered milk
Two eggs, whipped
Two red bananas, with cream and nuts

LUNCHEON

Two or three ears of tender corn, boiled
One fresh vegetable—peas, beans, or carrots

DINNER

A green salad, with oil and nuts
A baked potato
Corn, peas, or beans
Fish or eggs
A banana, with dates
Melon or peaches

FALL MENU

ATHLETIC DIET (CHIEFLY UNCOOKED)

BREAKFAST

Exceedingly ripe bananas, eaten with nut butter, dates, and cream

Two or three eggs, whipped. Add to each egg a rounded teaspoonful of sugar, and a scant spoonful of lemon juice. Whip thoroughly, and add a glass of milk to each egg

LUNCHEON

Two or three eggs, whipped, into which whip a teaspoonful each of honey and lemon juice; add a glass of milk to each egg

One or two exceedingly ripe bananas, eaten with nut butter and raisins

DINNER

A green salad or celery

A fresh vegetable, cooked—squash, carrots, parsnips, or onions

Baked beans and a baked potato

Sufficient water should be drunk at each of these meals to bring the moisture up to 66 per cent of the whole.

Tender carrots or cabbage, uncooked, may be eaten, with nuts and salt, at both luncheon and dinner.

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WINTER MENU

ATHLETIC DIET (CHIEFLY UNCOOKED)

BREAKFAST

An orange or an apple, with olive-oil

Oatmeal or boiled wheat

Three eggs, whipped—sugar to taste; fruit
flavor

Cream and nuts, with raisins

LUNCHEON

Corn bread—buttermilk

A banana, with either seedless raisins or currants; cream, and either nuts or nut butter

Milk or chocolate

DINNER

Calery

Baked beans or lentils

Eggs or fish

A potato

Nuts, raisins, and either cream or ice-cream

SPRING MENU

*FOR INVALID CHILD—MAKING MUSCULAR
TISSUE—REGULATING BOWELS*

On awaking, have the child take a glass of water and the strained juice of an orange, or a few cherries or berries; deep breathing in the open air, and such exercises as it is able to endure.

BREAKFAST

(Late)

Cherries or berries—very few

Half a cup of hot water

A heaping tablespoonful of boiled wheat, oatmeal, or rice

A whipped egg, sweetened and flavored to taste

Half a glass of milk

LUNCHEON

Two glasses of fresh milk, taken slowly—half a glass every ten or fifteen minutes

A heaping tablespoonful of wheat bran, cooked, served with cream

DINNER

Vegetable soup

A cup of water

Green peas

New potatoes

Eggs whipped, same as for breakfast—all the child will take; milk, if preferred (If milk is chosen, a tablespoonful of wheat bran should be taken to prevent constipation)

SUMMER MENU

***FOR INVALID CHILD—MAKING MUSCULAR
TISSUE—REGULATING BOWELS***

**A very ripe peach or a bunch of grapes
on awaking; exercise and deep breathing.**

BREAKFAST

**Cantaloup or peaches—very little sugar and
cream**

**Whipped eggs, junket, or gelatin—all the child
will take of either, or a portion of all**

LUNCHEON

**Tender corn, scraped from cob, made into a
purée; season to taste**

Milk and either eggs or gelatin

DINNER

Cantaloup or melon

A pint of milk, with one whipped egg

A spoonful of bran

**Deep breathing in the open air just
before retiring.**

FALL MENU

*FOR INVALID CHILD—MAKING MUSCULAR
TISSUE—REGULATING BOWELS*

FIRST DAY: The first thing after rising, give the body a thorough rubbing with a coarse towel or flesh brush, and a gentle massage. Do not use water except on the face and hands.

BREAKFAST

Whip two fresh eggs very fine, adding slowly, while whipping, two teaspoonfuls of sugar, two and one-half teaspoonfuls of lemon juice, and two tablespoonfuls of cream. Add half a glass of milk to each egg and mix thoroughly

At usual breakfast hour begin taking not more than half a glass at first; in ten or fifteen minutes another half glass. Continue taking half a glass every ten or fifteen minutes until the full amount is consumed

LUNCHEON

A small, baked potato

Two eggs, prepared as for breakfast

DINNER

A glass of milk

A baked potato

Bit of any fresh vegetable that appeals to the taste

Drink liberally of water between meals or at meals. Just before retiring, rub the body with a flesh brush, or give it a massage as prescribed for the morning.

Take about one tablespoonful of coarse wheat bran at the beginning of each meal. To keep the intestines thoroughly cleansed is of primary importance. Increase the quantity until the desired result is produced, which should be an action once or twice a day.

SECOND DAY: The same as the first, decreasing the eggs and increasing the milk.

THIRD DAY: The same as the second, slightly varying the menus by increasing the quantity of eggs and milk, if these are agreeable, reducing the other articles correspondingly.

FOURTH DAY:

BREAKFAST

A glass or two of clabbered milk, slightly sweetened until it is palatable

Wheat bran, cooked

LUNCHEON

Choice of any fresh vegetable, especially such as sweet potatoes, pumpkin, or red banana, eaten with nut butter

A little cream and either dates or figs

DINNER

Fruit and nuts, prepared any way they are palatable

FIFTH DAY: The same as the first, repeating the diet herein given so long as it is agreeable.

The body should be rubbed with a flesh brush and given massage every morning and evening.

WINTER MENU

*FOR INVALID CHILD—MAKING MUSCULAR
TISSUE—REGULATING BOWELS*

Choice of the following menus:

MENU I

MENU II

BREAKFAST

Two egg whites and one yolk whipped rapidly about two minutes. Add two teaspoonfuls of sugar and whip three minutes longer; then add slowly, while whipping, a teaspoonful of strained lemon juice or pineapple juice, and a very little olive-oil. Serve two egg yolks and three whites, if the appetite will accept them

Rice boiled until very soft. Put through a colander and make into a thin purée by adding milk; sugar and cream to taste

LUNCHEON

Any fresh vegetable of the sweet variety, such as parsnips, sweet potatoes, squash, or pumpkin. (These may be made into a purée by putting through a colander and adding cream and sugar to taste)

A boiled onion
A potato—sweet or white
Carrots or parsnips, eaten with butter and salt
A cup of chocolate

DINNER

- | | |
|---|--|
| One or two fresh vegetables
—carrots, parsnips, tur-
nips, or onions, prepared
anyway that will make
them palatable | Purée of rice and one egg
prepared as for breakfast
(Menu I) |
| Clabbered milk with a
sprinkle of sugar | |

The articles composing these meals
should be served in very small portions.

SPRING MENU

*FOR MENTAL WORKER
TO INCREASE BRAIN EFFICIENCY*

Immediately on rising, take two or three tablespoonfuls of orange juice and drink two glasses of water. If there is a tendency toward fermentation, the orange juice should be omitted.

Exercise in the open air before breakfast.

BREAKFAST

Two eggs, cooked two minutes
A small, baked potato—sweet or white
One glass of milk
A cup of water

LUNCHEON

A large, boiled onion and either green peas or asparagus
A glass of water

DINNER

A small portion of fish
A baked white potato—eat skins and all; masticate thoroughly

One or two vegetables, such as peas, beans, or
asparagus

One egg white in half a glass of milk

Half a glass of water

**Luncheon should be omitted unless
quite hungry.**

SUMMER MENU
FOR MENTAL WORKER
TO INCREASE BRAIN EFFICIENCY

Choice of the following menus:

MENU I

MENU II

BREAKFAST

Peaches or plums	A portion of wheat flakes.
Oatmeal, rice, or boiled wheat	(A spoonful or two of wheat bran cooked with the wheat flakes)
Two glasses of milk	One whole egg
	One banana, baked
	A glass of milk

NOTE: A few very ripe berries or the juice of an orange may be taken at the beginning of each of these meals.

LUNCHEON

One fresh vegetable	Choice of one or two fresh vegetables
A baked sweet or white potato	A glass of buttermilk
A very small portion of fish	Corn bread—a very little

DINNER

Choice of two fresh vegetables	Choice of two fresh vegetables
Two glasses of milk or a small portion of fish	A baked white potato
Two medium-sized baked white potatoes or baked beans	Two or three egg whites
	Baked peas, beans, or lentils

Every atom of food composing these meals should be masticated to exceeding fineness, and two glasses of water drunk at every meal.

If something sweet is desired, a spoonful of raisins and nuts might be taken at the close of the dinner meal.

FALL MENU

*FOR MENTAL WORKER
TO INCREASE BRAIN EFFICIENCY*

FIRST DAY: On rising, take a bunch of grapes (swallow seeds and pulp without mastication), a glass of water, and devote from eight to ten minutes to exercises Nos. 3 and 5. See Vol. V, pp. 1344 and 1345.

BREAKFAST

One or two exceedingly ripe bananas (red variety preferred), eaten with thin cream, raisins or figs, and butter

Two glasses of milk

LUNCHEON

One whole egg, boiled two minutes

Whole wheat, thoroughly cooked; nut butter

Two glasses of milk

NOTE: If not hungry, omit both the whole wheat and the egg and take from two to three glasses of milk. For gaining weight, this would be preferable.

DINNER

Choice of carrots, squash, turnips, or parsnips
One whole egg, boiled two minutes; or an
omelet
Two medium-sized baked white potatoes
One glass of milk

NOTE: From one to one and one-half glasses of water should be drunk at each of these meals.

If constipated, eat two medium bunches of Concord grapes, swallowing skins, seeds and pulp without mastication. Drink a glass of water and spend from five to ten minutes in active exercise and deep breathing just before retiring.

SECOND DAY: The same as the first, slightly increasing the quantity of food if normal hunger requires it. Bran biscuits may be taken instead of whole wheat if preferred.

THIRD DAY: The same as the first, omitting the egg at dinner time, and substituting a small quantity of fish (smelts preferred).

FOURTH DAY:

BREAKFAST

A cantaloup
Half a glass of water
A small portion of oatmeal, very thoroughly
cooked
Two exceedingly ripe bananas, eaten with figs,
cream, and nuts
A cup of chocolate

LUNCHEON

Two eggs—prepared choice
Two medium-sized potatoes

A salad with oil and nuts,
Corn, beans, carrots, cabbage—any two of
these
A potato
Junket or gelatin

FIFTH DAY: The same as the fourth, with the exception of dinner. At this meal a bit of fish, chicken, or an egg may be eaten.

SIXTH DAY: The same as the first, repeating these menus for about two weeks, making such changes as the appetite demands in vegetables and fruit only.

WINTER MENU

*FOR MENTAL WORKER
TO INCREASE BRAIN EFFICIENCY*

Eggs, milk, and sugar are the most readily convertible nutrients known to the science of food chemistry. In combination they represent the highest form of the nitrogenous (proteids and the carbohydrate) compounds, therefore to increase physical efficiency one should take as much of these as possible.

If one is under weight, it would be advisable, especially during the cold weather, to take three eggs for breakfast, four eggs with a quart of milk for luncheon, and a vegetable dinner as laid out in Menu II.

Choice of the following menus:

MENU I

MENU II

BREAKFAST

A bunch of grapes
One very ripe banana with
cream and nut butter
A whole wheat gem, eaten
with one or two very soft
eggs

Two or three eggs, whipped,
to which add a teaspoon-
ful of lemon juice, a tea-
spoonful each of olive-oil
and sugar, and one-half
glass of milk to each egg

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LUNCHEON

One fresh vegetable	Two eggs prepared as for
A baked potato	breakfast, Menu II
Boiled onions and a bit of fish	
A glass of milk or a cup of hot chocolate	

DINNER

Spinach or a bit of salad	The same as dinner, Menu
Clabbered milk or a bit of fish	I, choosing either clab- bered milk, fish, eggs, or
Baked beans or baked potatoes	white meat of chicken
Boiled onions or carrots	
A cup of chocolate	

Where as many as four eggs are taken at once, a tablespoonful of cognac brandy will make the yolks more digestible and more assimilable, therefore in curative feeding its purpose is medicinal.

SPRING MENU

FOR A SCHOOL TEACHER

*ANEMIA—SLUGGISH LIVER—UNDERWEIGHT
NERVOUSNESS*

Choice of the following menus:

MENU I

MENU II

BREAKFAST

Cherries—sweet

Corn bread, with butter

A cup of hot water

A glass of milk

Berries

Farina, or oatmeal with
cream

One whole egg

Two cups of chocolate

LUNCHEON

Boiled rice, or corn hominy,
with butter or cream. (A
spoonful of sugar may be
added, if desired)

One or two glasses of water

A large, boiled onion

A baked white potato

Corn bread

Buttermilk

DINNER

A pint of junket

A small piece of corn bread

Two or three glasses of milk

Half a cup of wheat bran

A small portion of fish or
chicken

A baked white potato

Choice of carrots or onions

A green salad or a very
small portion of spinach
may be eaten at this
meal, if desired

Drink one or two glasses of water at each of these meals.

If the breakfast has not digested well, the noon meal should be very light. Bran gems or plain wheat bran may be eaten at each meal until the liver is performing its normal functions.

SUMMER MENU

FOR A SCHOOL TEACHER

ANEMIA—SLUGGISH LIVER—UNDERWEIGHT
NERVOUSNESS

MENU I

MENU II

BREAKFAST

A cantaloup
Tender corn scraped from
cob—lightly cooked
A glass of milk; buttermilk
preferred
One extremely ripe banana,
eaten with nut butter,
cream, and raisins

Peaches or cantaloup
Two medium-sized baked
potatoes, with butter;
eat skins and all
Two eggs or two glasses of
milk

LUNCHEON

A vegetable salad
Tender corn, boiled

A green salad
One fresh vegetable
A bran gem
Junket or gelatin

DINNER

A green salad or spinach
Choice of two vegetables:
Beans Corn
Boiled onions Peas
A baked potato

Choice of two fresh vege-
tables
A baked potato
A bit of fish or buttermilk
One baked banana, with
cream and nut butter

A liberal quantity of water should be
drunk at each of these meals.

FALL MENU

FOR A SCHOOL TEACHER

*ANEMIA—SLUGGISH LIVER—UNDERWEIGHT
NERVOUSNESS*

On rising, take the juice of one sweet orange

Choice of the following menus:

MENU I

MENU II

BREAKFAST

Bran meal gems, with but-
ter
Milk

A small portion of boiled
wheat, with cream
One egg, either whipped or
boiled two minutes

LUNCHEON

Two extremely ripe bana-
nas, eaten with nut but-
ter and raisins (Cream
or cream cheese may be
added, if desired)
A whole wheat cracker and
nut butter
A glass of milk, if convenient

Two bananas
Half a dozen dates
Cream cheese
An ounce of nuts
A cup of milk

DINNER

Boiled onions, and either	Spinach or a green salad
carrots or turnips	Baked beans or a baked
A baked white potato	potato
A glass or two of milk	Onions, carrots, turnips, or
	squash
	One egg or a very small
	portion of fish

Immediately after dinner, eat a bunch of grapes and drink a cup of hot water.

If there is a tendency toward constipation, take wheat bran just before retiring.

WINTER MENU

FOR A SCHOOL TEACHER

*ANEMIA—SLUGGISH LIVER—UNDERWEIGHT
NERVOUSNESS*

MENU I

MENU II

BREAKFAST

Boiled wheat, with cream
Two or three glasses of milk

One exceedingly ripe banana, with thin cream and nut butter
Two glasses of milk
One egg

LUNCHEON

Two exceedingly ripe bananas, with cream cheese and raisins

Whole wheat bread sandwiches, with nut butter; nuts or cream cheese, if preferred

DINNER

A green salad

One or two fresh vegetables—choice

A baked potato or corn bread

Half a cup of wheat bran, cooked; serve with cream

If the bowels should act too freely, rice, chestnuts, or sweet potatoes may be eaten liberally with the morning and the evening meal.

SPRING MENU

LABORING MAN (LUNCH IN SHOP)
UNDERWEIGHT—ANEMIC

BREAKFAST

A baked apple
 Boiled wheat or oatmeal
 Wheat bran, cooked
 Two whole eggs, either whipped or lightly
 poached
 A glass or two of milk or a cup or two of
 chocolate

LUNCHEON

A pint of milk
 Whole wheat bread
 Two very ripe bananas, with nut butter or dates

DINNER

A cup of hot water
 Choice of two fresh vegetables:
 Asparagus Carrots
 Beans Onions
 Beets Peas
 A green salad
 A bit of fish
 One egg or a glass of buttermilk
 A new potato—baked
 A spoonful or two of wheat bran

A spoonful of nuts and a few dates may be eaten at each of these meals. They should be masticated very thoroughly.

SUMMER MENU

LABORING MAN (LUNCH IN SHOP)
UNDERWEIGHT—ANEMIC

On rising, take two glasses of water, a spoonful or two of wheat bran, and a bit of fruit.

FIRST DAY:

BREAKFAST

Two glasses of fresh milk
Two eggs, whipped or boiled
A small dish of whole wheat, cooked
A spoonful of wheat bran

LUNCHEON

Four glasses of milk, with hard crackers
Two eggs, cooked
A spoonful or two of wheat bran
Corn bread
(Drink two glasses of milk an hour before dinner)

DINNER

Two whipped eggs
Two glasses of milk
Two medium-sized, baked white potatoes;
eat skins and all
A sauce-dish of wheat bran, cooked

Just before retiring, take two or three tablespoonfuls of wheat bran, in a little water, provided there is a tendency toward constipation; if not, this should be omitted.

SECOND DAY: The same as the first, adding another egg to the morning meal, and a bit of fish to the evening meals.

THIRD DAY: The same as the second.

FOURTH DAY: The same as the first, and so on for a period of a week or ten days.

FALL MENU

LABORING MAN (LUNCH IN SHOP)
UNDERWEIGHT—ANEMIC

The following menus are composed of but few articles; all of them, however, have a specific purpose.

Immediately on rising, drink a glass of water and eat a bunch of grapes, swallowing skins, seeds and pulp. Do not masticate the seeds or pulp.

Choice of the following menus:

MENU I**MENU II****BREAKFAST**

Melon or pears
Two or three eggs, cooked
one and a half minutes
A portion of whole wheat,
boiled or simmered over
night; serve with cream

A melon or a bunch of
grapes
Two or three eggs cooked
one and a half minutes
Two medium-sized baked
white potatoes
A small portion of wheat
bran, cooked

LUNCHEON

- | | |
|---|--|
| Two or three eggs, taken
uncooked from the shell,
with a little salt | Two eggs
Two exceedingly large ba-
nanas, with either nut
butter or nuts, and dates
or raisins |
| Whole wheat bread with
nut butter | |
| A banana, eaten with either
cream cheese or nut
butter, and raisins or
dates | |

DINNER

- | | |
|--|--|
| Boiled onions, carrots,
squash, corn, turnips, or
beets—any two of these | Same as dinner Menu I,
substituting chicken for
the egg or the fish, if
desired |
| A green salad or cooked
spinach, with egg | |
| A very small portion of fish
or an egg | |
| A liberal portion of baked
potatoes | |

From one to two glasses of water should be drunk at each of these meals. Mastication should be very thorough.

In the selection of articles composing the dinner, do not make them too numerous. Three or four things are sufficient.

About once a week take—

One fresh vegetable

A baked potato

One egg

Home-made ice-cream as dessert

The noon meal could consist of three or four eggs whipped with a little sugar, adding a glass of milk to each egg. Place this in a bottle and take a glass every fifteen or twenty minutes, from 12 until 2 P. M.

WINTER MENU

LABORING MAN (LUNCH IN SHOP)
UNDERWEIGHT—ANEMIC

FIRST DAY: Immediately on rising, drink a glass of water, eat a bit of fruit, and devote from five to eight minutes to exercising and deep breathing.

BREAKFAST

Boiled wheat, with cream and nuts, or nut butter, if convenient; if not, use dairy butter

From three to four glasses of milk (A tablespoonful of ordinary wheat bran at the close of the meal)

LUNCHEON

A pint of milk

A sandwich of whole wheat bread, with nut butter and cream cheese

One or two bananas, with cream cheese, nuts, and dates

DINNER

Celery or a green salad

Carrots and boiled onions

Baked white potatoes or baked beans

A glass of buttermilk

An egg served on a baked potato

It would be advisable to drink a glass of water at the close of each meal, and, just before retiring, to drink another glass of water and to eat a bit of fruit. Take exercises as already suggested.

SECOND DAY: Same as the first.

THIRD DAY: Same as the second, varying the vegetables according to appetite or hunger.

FOURTH DAY:

BREAKFAST

Two very ripe bananas, eaten with cream and nut butter

Four or five figs, eaten with cream and nuts

Two eggs, very softly boiled, or whipped, if preferred

A potato, if something salty is desired

LUNCHEON

A sandwich, as for luncheon first day

Two eggs

Soaked prunes, or figs, with nut butter or dairy butter

DINNER

Fish, eggs, or chicken

Choice of two fresh vegetables:

Beets

Squash

Carrots

Turnips, etc.

A baked white potato or baked beans

A cup of thin cocoa or gelatin

A cup of hot water

A bit of fruit, exercise, and deep breathing just before retiring.

FIFTH DAY: The same as the fourth, slightly increasing or decreasing the quantity of food according to normal hunger.

SIXTH DAY: The same as the first, repeating the diet until there is a perceptible gain in both strength and weight. It should then be changed or modified so as to prevent the appetite from rebelling against the general plan. These changes may be made by selecting different vegetables and fruits. The heavy or proteid part of the diet should be kept about the same as prescribed so long as the work is strenuous.

DIET FOR COLD WEATHER

BREAKFAST

- A cup of hot water
- A baked apple or persimmons
- An omelet, lightly cooked, rolled in grated nuts and whipped cream
- A coarse, cereal-meal waffle or corn bread and butter
- A heaping tablespoonful of coarse wheat bran, cooked
(Honey, if something sweet is desired)

LUNCHEON

- Baked beans, with olive-oil or butter

DINNER

- A vegetable soup
- Cabbage, cauliflower, or Brussels sprouts
- A lettuce and tomato salad
- A potato, corn, or lima beans
- Corn bread and buttermilk
- Gelatin or junket
- Wheat bran
- Nuts, raisins, and cheese

DIET FOR HOT WEATHER

BREAKFAST

Melon, peaches, or cantaloup
A whole wheat muffin or a gem
A banana, with raisins, nuts, and cream

LUNCHEON

Peaches, with sugar and cream
An ear of tender corn
A glass of milk

DINNER

A green salad, with nuts
Two fresh vegetables—peas, beans, or corn
Ice-cream or ices—fruit flavor (A melon or a
cantaloup, before retiring)

**Two glasses of cool water should be
drunk at each of these meals.**

HOT WEATHER MENU
*FOR THE PREVENTION OF SUNSTROKE
AND HEAT PROSTRATION*

BREAKFAST

Cantaloup
Peaches, or a small portion of berries, without
sugar
One or two extremely ripe bananas, eaten with
nuts, cream, and raisins
Fresh milk

LUNCHEON

A green salad or spinach
Any fresh vegetable, such as squash, onions,
turnips, beets, carrots, or parsnips
A new baked potato—eat skins and all

DINNER

A green salad, with tomatoes and nuts
Two vegetables—corn, peas, beans, or aspara-
gus (The vegetables to be cooked in a casserole
dish)
A potato—prepared choice
One very ripe banana, with figs and either cream
cheese or fresh cream

SUGGESTIONS FOR THE PREVENTION OF
SUNSTROKE

From one to two glasses of cool water should be drunk at each of these meals.

Mastication of every atom should be complete.

Hurried eating is the most prolific cause of fermentation. Fermentation is the cause of intestinal gas, sour stomach and indigestion, also constipation and torpid liver.

Avoid stimulants such as tea, coffee, tobacco, beer, or liquors. These things excite heart activity, which causes excessive body-heat.

Avoid sweets, especially sweet soda-fountain drinks. Sugar is composed largely of carbon, and carbon is one of Nature's greatest heat-makers.

Confine the diet largely to semi-acid fruits, fresh vegetables, green salads, milk, eggs, nuts, and a very limited quantity of bread and cereal products.

Cereal starch is the most difficult of all carbohydrate matter to digest.

Drink an abundance of pure water at meals and between meals.

Avoid all mixed-up, sweetened and charged water. There is nothing better than plain spring or distilled water.

Do not eat too many things at the same meal. Three or four articles are sufficient.

Avoid meat of all kinds, and eat a very limited quantity of fats.

By all means do not overeat. Every atom of food taken into the body that is not used must be cast off at a tremendous expense of energy. The casting-off process is what we call dis-ease.

Every housewife and mother should know enough about the chemistry of food to avoid serving at the same meal things which are chemically inharmonious.

If these simple laws were observed, sunstrokes and heat prostrations would be almost unheard of.

Summer is the time when Nature is rebuilding and revitalizing all forms of animal life; it is also the time when she is producing all of the material with which to do this building in its best and purest form, therefore summer should be the time when people are at their best. The reason they are not is because they do not understand the simple laws that govern human nutrition.

SPRING MENU

*TO BUILD UP SEXUAL VITALITY
AND MAINTAIN IT*

BREAKFAST

Very ripe berries, with sugar
Rare omelet, rolled in whipped cream and
grated nuts
Whole wheat bread or boiled whole wheat
Rich milk
Wheat bran

LUNCHEON

Two or three eggs, whipped; add a pint of fresh
milk, a dash of sugar, and a flavor of pineapple
juice; drink slowly

Fish or lobster, broiled
Potato and peas
Junket or gelatin
Nuts, raisins, and cream cheese
Chocolate

**Only plain water should be drunk at
these meals.**

SUMMER MENU
*TO BUILD UP SEXUAL VITALITY
AND MAINTAIN IT*

BREAKFAST

Peaches, plums, or any semiacid fruit
Whole wheat or a coarse cereal, cooked
Whipped eggs or tender fish
A whole wheat cracker

LUNCHEON

A green salad, with oil and nuts
Oysters, crabs, or lobster
A potato or whole wheat

DINNER

Carrots, peas, beans, corn—any two of these
A Spanish omelet or white meat of chicken
A potato
A glass of rich milk
A cantaloup or peaches

FALL MENU

***TO BUILD UP SEXUAL VITALITY
AND MAINTAIN IT***

BREAKFAST

Peaches or cantaloup

Two or three eggs, whipped six or seven minutes; sweeten to taste and flavor with fruit-juice

A cup of junket or gelatin, unsweetened

LUNCHEON

Fish, broiled

One fresh vegetable

A potato

DINNER

Corn and either peas or beans

Fish or chicken

Buttermilk

A potato

WINTER MENU
*TO BUILD UP SEXUAL VITALITY
AND MAINTAIN IT*

On rising, take half a glass of grape juice and a glass of cool water. Devote about fifteen minutes to vigorous exercise and deep breathing. Before eating, take a brisk walk, thinly clad, in the open air.

FIRST DAY:

BREAKFAST

Grapes or grape juice
A small portion of plain wheat, boiled very thoroughly; serve with cream
Three fresh eggs (See Fall Menu)
A cup of junket or buttermilk
Half a glass of water

LUNCHEON

One egg, prepared as for breakfast
Two glasses of junket or buttermilk
A liberal portion of gelatin

DINNER

Celery

Broiled fish; young variety—very tender

A baked potato

One egg whipped as for breakfast

Gelatin or junket—a liberal portion

SECOND DAY: Same as the first, reducing—unless the digestion is perfect—the amount prescribed for the noon meal.

THIRD DAY: Same as the second, varying the meals by changing fruits, or by adding another fresh vegetable to the evening meal; but, before adding another article, eat the full amount of proteids prescribed: eggs, fish, and gelatin.

FOURTH DAY:

BREAKFAST

One or two ripe bananas
Raisins or figs; or nuts or nut butter
Two or three glasses of fresh milk

LUNCHEON

Baked beans or lentils, with olive-oil or fresh
butter
Two or three eggs; preferably uncooked

DINNER

Two or three eggs, with two teaspoonfuls of
sugar; whip seven or eight minutes; add two
glasses of milk; mix thoroughly; drink slowly
Bran meal gems
Half a cup of bran, cooked

FIFTH DAY: Same as the fourth.

SIXTH DAY: Same as the first.

SEVENTH DAY: Same as the second,
repeating the menus for a period of
thirty to forty days, varying them by

selecting such vegetables as appeal most to the taste.

If the bowels should become constipated, take half a cup of cleansed wheat bran, cooked, with the breakfast, and, just before retiring, another half cup in hot water.

If possible, spend from two to three hours each day in the open air, taking vigorous exercise. Oxygen is nature's great stimulant and life-giver.

Eat slowly and masticate very thoroughly.

If there is a tendency toward obesity, sugar should be omitted from the meals entirely.

Proteid foods should predominate in the diet. The following are the most soluble and readily assimilable group of proteid foods suitable for these menus, given in the order of richness and importance:

Eggs	Shell-fish	Gelatin
Milk	Fish	Fowl—white meat
Milk products		

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